



Studio G14 is unique. We provide a comprehensive package of services to offer you a uniquely personalised health and fitness service, taking advantage of our team's expertise in the following specialist areas:

- Personal training
- Nutrition
- Pilates
- Exercise psychology
- Hypertension, diabetes, osteoporosis, pre/post natal
- Sports massage
- Physiotherapy
- Biomechanics
- Cardiac Rehabilitation
- Injury Rehabilitation

As a G14 client, you will be provided with a truly bespoke service in exclusive surroundings that focuses on delivering results-based training.

The emphasis is on one to one training to ensure every session is safe and effective to bring about maximum results. The essence of our service is that each person is unique, just as their thumb print is. You have your own needs, desires and requirements and in order to be effective our training and nutritional programme must reflect this.

Our aim is to differentiate ourselves from the generic health club market where large numbers of people pay a monthly membership fee to simply rent the equipment and receive very little in terms of personalised service in return. This is usually why people don't see results, become de-motivated and subsequently stop exercising.

Health clubs don't care if you aren't successful... **G14 does!!**

The Studio

We only allow 1-3 people at time to train in our newly opened Chiswick studio. This ensures that your session remains private and that you never have to wait for equipment. At G14 you will no longer feel the presence of many other sweaty bodies around you. All our equipment is brand new, within a light, bright and spacious studio.

There are 2 showers on site as well as a Café that provides freshly prepared, healthy and nutritious food and drink. Clients also benefit from free parking



Trainers

You will be assigned a Trainer who will be personally responsible for your progress and development. The trainer will provide a dedicated and professional service tailored to your own needs and requirements.

Your trainer will provide you with continual motivation, support and guidance every step along the way. All members of the team are highly experienced exercise and health professionals, and we all work together to ensure you are successful in achieving your goals.

G14 Assessment

Studio G14 offers a unique 3 stage assessment that is recommended to each new client. The aim is to collect as much detailed information as possible about you, from which a truly personalised and complete programme can be designed. This holistic approach significantly increases the likelihood of achieving the desired results. The assessment is separated into 3 separate 60-minute appointments:

1. Health and Fitness Consultation

Includes all relevant health and fitness measurements as well as an accurate measure of body composition (body fat, lean tissue and water content) using the scientifically validated Bio-electrical Impedance Analysis.

2. Nutritional Consultation

Exercise will not bring maximum benefit or results without correct nutrition. The two complement each other, which is why each client has a full nutrition consultation. This involves the analysis of a 3 day food diary to assess dietary intake and offer advice as to fundamental nutrition principles. This is essential to ensure better health and an improved physique.

3. Biomechanical and Injury Assessment

Biomechanical imbalances and instability can lead to injuries. Early assessment and intervention can prevent injuries and save a lot of time out of action. The biomechanical assessment system assesses you statically and dynamically so that any possible weaknesses are identified before the programme begins. This includes video gait analysis on the treadmill, either walking or running.

The assessment is currently being offered for a reduced price of £99



Physiotherapy

Physiotherapy is an in depth study of the body's anatomy, physiology and all of the detailed components required in normal movement. It involves evaluating, diagnosing, and treating a wide range of diseases, disorders, and disabilities using physical means. Physiotherapeutic treatment methods are constantly evolving with patient education of their problem a key area to treatment.

Cardiac Prevention and Rehabilitation

CP&R is a structured approach to achieving primary and secondary cardiac prevention through the nurturing of your lifestyle environment.

We design and support one2one exercise and nutrition programmes specific to you. Our aim is to help you improve the quality of your health and well being and minimise the risk of developing heart-related events and conditions.

As specialists in cardiac prevention and rehabilitation we are able to design programmes specific to any of the following heart-related events and conditions that you may have:

- Stable angina
- Myocardial infarction
- Coronary artery bypass graft surgery
- Percutaneous coronary intervention
- Stable chronic heart failure
- Valve replacements
- Permanent pacemaker
- Implanted cardiovertor defibrillator
- Cardiac transplant
- High blood pressure

LET G14 HELP YOU ACHIEVE YOUR GOALS

The team are always available if you would like to know more about us and our service. To arrange an appointment please contact Joe on 07950 415 157,
joe@studiog14.co.uk

