

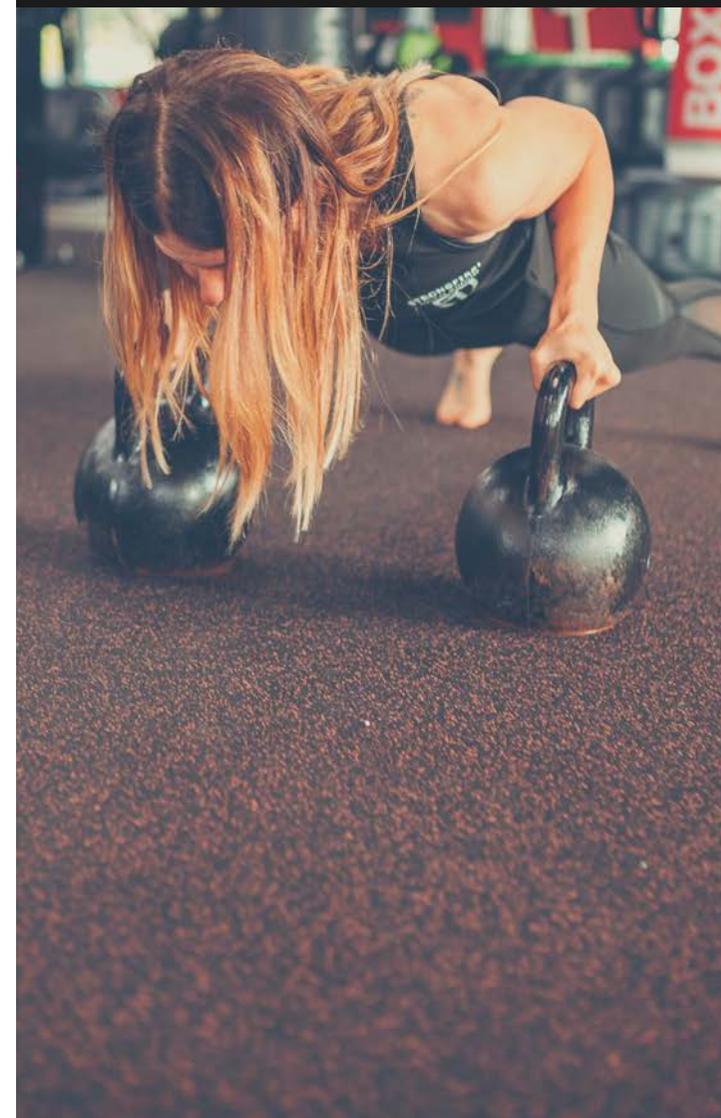


STANDSTRONG

LEARN MORE!

HANNAH@STANDSTRONGKRAVMAGA.CO.UK

WWW.STANDSTRONGKRAVMAGA.CO.UK



HELPING YOU TO
STANDSTRONG IN
LIFE.

ABOUT US

My name is Hannah and I run StandStrong academy offering strength and fitness coaching.

We are based in Brislington in our own training centre. We offer in person and online coaching for people who want to make positive changes to their health and wellbeing through exercise.

Improve your health
through smarter
and sustainable
training methods

OUR VISION

PHYSICAL STRENGTH

We want to help people become their strongest version within their bodies

CONFIDENCE

We love helping people become confident within their bodies. We know first hand how becoming stronger physically helps us to become mentally stronger. In turn this helps us to gain confidence in ourselves and our bodies

WELLBEING

We understand the pressure of life, we want to help people improve their wellbeing with positive training helping to release those endorphins and lifting your mood.



STRENGTH TRAINING

Why strength based training? We believe the benefits that strength training bring to lives are huge. Not only does it improve your physical strength, but it also helps with:

- Joint stability
- Pain reduction
- Heart Health
- Muscle toning
- Improved bone density
- Improved mobility



STRENGTH HAS A GREATER PURPOSE



TRAINING OPTIONS

BODYWEIGHT

Using our own bodies to help us get stronger is one of the best tools we have. You don't need any equipment, you don't need a gym, just your own body!

KETTLEBELLS

Kettlebells are an incredibly versatile tool. They are great for building strength, improving mobility, endurance, and conditioning.

BARBELL

The barbell - fantastic for building a lot of big gains! Nothing like the clanging sounds of plates to make you feel invincible in life!

OTHER

Dumbbells , resistance bands, machines are all other ways we can build strength within our bodies

NUTRITION

Eating a well balanced diet is key. Well balanced means sustainable, not restrictive.!! Eating a good mix of protein, carbohydrates and fats helps our bodies to stay nourished and functioning at its best.

That doesn't mean we can't enjoy cake, wine or pizza , it means we have a varied diet that works for us and our goals.

WE ARE STRONGER TOGETHER

MACROS

PROTEIN

Protein is very important when it comes to training. Protein helps our muscles recover - getting enough daily is very key to reaching goals.

CARBOHYDRATES

Carbohydrates play a big role in our daily diets - they give us fuel!
Getting these in will help us fuel up and be raring to take on the weights!

FATS

Yep - we need fats in our diets. Healthy fats are essential and should be present across the day - despite what some "diet groups will have you believe"



NUTRITION

How much of each group should you eat? Well it will depend on your goals.. We do know we should be including 10 yes that is right 10 bits of fruit and veg a day in our diet.

Here are some food examples from each group to help you get good variety in daily!



MACRO CHOICES

PROTEIN

- Chicken
- Turkey
- Eggs
- Greek Yoghurt
- Pork
- Lean steak mince

CARBOHYDRATES

- Oats
- Brown rice
- Sweet potatoes
- Broccoli
- Banana
- Wholemeal pasta

FATS

- Avocado
- Olive oil
- Oily fish
- Nuts
- Cheese
- Butter

WHY CHOOSE US?

We will be in your corner cheering you on all the way. We want you to succeed in reaching your goals, and will make sure we deliver the right training for you.

TOGETHER WE STAND STRONG

WHY CHOOSE US?

When training with us we you will get support through our club app.. And depending on what training you choose, you will get workouts delivered via the app , recipe ideas, and messaging support,

We will make sure that you feel stronger physically and mentally, And will be with you to support you 100% of the way

To get started book in your free 30 minute consultation where we can get to know your whys and goals. We can discover your likes, and your dislikes, and get you kick started to stand strong in life!

hannah@standstrongkravmaga.co.uk
www.standstrongkravmaga.co.uk

