

A background image showing the faces of three men in a gym setting. The man in the center has a beard and is looking directly at the camera. The other two men are partially visible on either side.

PERSONAL TRAINING

OVERVIEW

If you want to change the way that you look at yourself and feel in your own skin, working towards your ideal physique is essential. However, it can seem like a daunting challenge when you've never worked out before. Maybe you've been trying for months or years to achieve your ideal physique but you always seem to fall short because of all the confusing and incorrect information that's available.

Are you constantly playing mental mind games with yourself, coming up with unlikely scenarios that kill the motivation to exercise? This is where a personal trainer like Nikos can help. Nikos is a certified fitness expert that has in-depth knowledge in proper assessment techniques to create the ideal exercise program and nutrition plan for you.

BENEFITS



✓ Makes Life Easier for You

Personal training makes life stress free for you. Nikos will be responsible for creating a complete exercise and nutrition program while educating and motivating you during and in-between sessions. Personal training will save you from the mental stress.

✓ Learn Lifelong Knowledge

You aren't just following commands when you work with Body Vision; you are actively learning how to exercise and care for yourself for the rest of your life. It's like the old expression from the philosopher, Lao Tzu:

"Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime"

✓ Injury Prevention

Anyone can watch a YouTube video and attempt what they see, but all too often, they aren't performing the exercise correctly. Not knowing proper form can put you at risk for serious injury. Nikos is there to guide you and educate you on how to safely and correctly execute every exercise.

✓ Support System

When you hit those inevitable road bumps as your journey towards your ideal physique, who will you talk with? Who will answer your questions and get you back on track? Personal trainers have the knowledge and real-world experience to guide you through every step of your fitness journey.

✓ Fail to Plan – Plan to Fail

Without a comprehensive plan and tracking system to measure progress, your chances of reaching your fitness goals are slim. Nikos is there to develop a complete fitness program so you know exactly what you must do to achieve your goal. What's more, he will be tracking every single workout so you can see your progress, strengths, and points of improvement.

✓ Faster Results

Personal trainers know how your body works thanks to the comprehensive fitness assessments they provide. This helps Niko make things realistic and consistent in your exercise routines and diet programs. You'll actually enjoy your program because you will see that it works - This will help to speed up progress and results.

WHAT NIKOS CAN PROVIDE

✓ Diet & Nutrition

70% of the results that you see in the mirror come from nutrition. Exercise is an important part of achieving your fitness goal, but success is about more than just how many hours you are prepared to spend at the gym. Having a healthy diet with the right balance of vitamins, minerals, and other nutrients is essential for recovery, muscle building, fat loss, and performance enhancement.

✓ Fat Loss

If you want to lose fat and get lean, you must burn more calories than you consume each day. The right combination of a low-calorie diet with intense exercise is going to help you burn fat, get toned, and see more definition. The only way to achieve that is with a customized program that suits your body type, food preferences, and medical restrictions - This is something you won't find in some blog or forum.

✓ Building Muscle

Everyone wants to build muscle. More lean muscle mass helps you look amazing, but it is also a way to burn fat, support functional movements, and be healthier for men and women alike. If you want to build lean muscle that gets attention, you need a strict training program and muscle-focused diet plan. After a comprehensive assessment with Nikos, you'll be armed with a blueprint to building your ideal athletic physique.

✓ Mobility & Flexibility

Improving your mobility and flexibility is an important key to preventing injury, support muscle building and sport performance goals, and maintaining your physical independence well into old age. This type of training is also ideal for those people who have led a sedentary life for years and want to start becoming active, and people who are recovering from an accident or surgery.

✓ Mindset Coaching

We are our own worst enemies, and we often sabotage ourselves and our success before we even start. Nikos can help with more than building you the perfect workout or diet, he can also strengthen your mind, will, and confidence. Stop playing mind games with yourself and let Nikos help you strengthen your resolve and confidence in your ability.

✓ Core Strengthening

The core relates to the torso only, that being the muscles supporting the spine, the chest and the abdominals. Strengthening the core enables every individual, regardless of size and body type, to increase their physical performance (strength, agility, balance, flexibility).

✓ Posture Correction

Some individuals, particularly those who's working life involves sitting behind a desk on a computer for the majority of their day (sedentary), may suffer unknowingly from a weak posture. By focusing on the parts of the body which are relatively inactive throughout the day, Nikos is able to ensure that an individual has all over muscle strength to avoid any discomfort or physical alteration as a result of their employment.

TAKE THE NEXT STEP

Are you ready to take the next step towards your goals?

[BOOK A FREE CONSULTATION](#)