

 *NMG FITNESS*

# THE 40+ RESET PROGRAMME

INFORMATION PACK





# THE 40+ RESET PROGRAMME

## JOIN TODAY!



**THE 40+ RESET PROGRAMME** is an 8 week programme specifically designed for men and women over the age of 40! It takes into account the three key pillars for success; **FITNESS**, **NUTRITION** and **MINDFULNESS**.

It's for those of you who are feeling burnt out and overwhelmed by chaotic lifestyles, work pressures and family obligations. Perhaps you're worried about future health scares because of your current lifestyle, or you're struggling with stress, anxiety, lack motivation and just don't know where to start.

Our bodies change as we age but there's no reason not to get in the best shape of your life with a healthier and happier you!! You **can** transform your life. Imagine increased energy, better relationships, and a sense of fulfilment that comes from taking charge of your health. Sounds pretty damn good.

**The time is now. Don't let your mind or body wait any longer, your NMG Fitness journey awaits you!**

**The good news. You're not alone and you've taken the first step to take back control of your life.**

**THE 40+ RESET PROGRAMME** is tried and tested, with a clear step-by-step 8-week guide. Your very own coach is on hand to provide support and will check in with you weekly, adapting your programme where necessary. We'll make sure you're consistently working towards your goals, whether you've been training for years or never at all.

To get started, book in your free, no obligation consultation. Drop me a message on Instagram [nmgfitness](#), my mobile **07920 046164**, or email [neil@nmgfitness.co.uk](mailto:neil@nmgfitness.co.uk)

WELCOME TO YOUR **NMG FITNESS** JOURNEY

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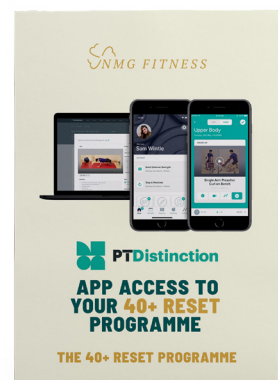
## WHAT TO EXPECT FROM THE 40+ RESET PROGRAMME

Your **NMG Fitness** coach will support you throughout your journey and will be on hand to answer any questions you have, guiding you along the way.

You'll start with a free, no obligation consultation so that your coach can understand your current health and fitness level, as well as your goals. Your programme will then be **designed specifically to you**.

Once you begin the programme, you can expect:

- **Weekly check ins** via phone or video call. We'll celebrate your wins, address challenges, make any adjustments to your plan, keep you accountable and set you up for a great week ahead.
- **End of phase reviews.** At the end of each four week phase, your coach will provide feedback on what went well and what could be improved. This advice will help ensure you're continually working towards your goals.
- **Contact NMG Fitness anytime** if you have any questions or concerns. Changes can be made to your plan if needed - no need to second guess how to reach your desired results.
- **Easy access to your training programme via the PTDistinction app.** You'll have your very own app profile to view your programme, record your workouts, monitor progress and speak to your coach.
- **End of programme reflection and reset call.** Your fitness journey doesn't end at 8 weeks! Your coach will look back at your successes and look ahead to your future now the programme has come to a close.



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# NMG FITNESS THE 40+ RESET PROGRAMME

## THE 40+ RESET PROGRAMME 3 KEY PILLARS FOR SUCCESS

THE 40+ RESET PROGRAMME is built around the **three key pillars for success**; **FITNESS**, **NUTRITION** and **MINDFULNESS**. Be ready to feel stronger, motivated and focused with tons more energy to do the things you want to do!

### PILLAR 1: FITNESS

You'll receive your very own **bespoke 8-week training programme with video demonstrations**, designed for your body to progress and adapt to new workouts. It's tailored to your current fitness level and your goals and is split into three phases, changed across three phases:



### PHASE 1 BASE CONDITIONING (WEEKS 1-3)

This phase focuses on building the foundations for your strength, improving your cardiovascular fitness and enhancing your mobility. It is the building blocks needed for the later phases.

### PHASE 2 HYPERTROPHY (WEEKS 4-6)

This phase will look to build your overall muscle and strength while losing body fat through resistance training.

### PHASE 3 ADVANCED TRAINING (WEEKS 7-8)

You'll now be equipped with the foundations necessary for this stage. We will integrate functional training and advanced techniques to elevate your performance and get your desired results.

**You'll get step-by-step instructions with videos for each exercise.** This is important so that you can be sure you're carrying out each exercise safely and correctly to make the progress you expect and also without causing injury.



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## THE 40+ RESET PROGRAMME 3 KEY PILLARS FOR SUCCESS

### PILLAR 2: NUTRITION

A **nutrition plan** will be provided. We'll begin by carrying out an assessment to calculate the macronutrients you'll need to reach your goals. Your nutrition plan is therefore designed specifically for you and will be monitored closely and updated on a regular basis. You'll be encouraged to record your food intake using **myfitnesspal** so that your coach can monitor progress and suggest adaptations.

**NMG Fitness** believes that sustainable results come from focusing on healthy and non-restrictive ways to reach your goals.



Access to simple and tasty **recipe cookbooks**, shopping lists in line with your nutrition plan and a clear guide on how to fuel your body for the best results.

### PILLAR 3: MINDFULNESS

**NMG Fitness** recognises that mindfulness plays a key role in our day-to-day wellbeing and can be just as important as the fitness and nutrition aspects of a person's transformation.

**THE 40+ RESET PROGRAMME** will:

- **Focus on a new mindful technique** each week. Throughout that week you'll practice this technique to incorporate mindfulness into your lifestyle and find out what works for you.
- Provide you with extra **tips and tricks to help embed positive mindful practices** into your 8-week programme. Your weekly check-ins are a great way to discuss these with your coach and they'll tailor them to you.



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## WHY NMG FITNESS?

**Because we care! This programme will transform your life – stop dreaming and start living!**

I'm Neil McGuigan, owner of **NMG Fitness**. As a male in my 40s, I've found little to no help out there for people over 40, and having been a personal trainer for over 18+ years, I think it's time for that to change!

I underwent my very own transformation after turning 40. My body has changed over the years, but I found through making various adjustments, that I could achieve my own fitness goals, and I know that you can too.



My many years of PT experience transforming people's lives and my own personal experience has shaped this programme. There is no need to try any more diets, fat loss programmes or waste your gym membership not really knowing what you're doing. **I'm here to guide you each step of the way.**

**Embrace your body.** It has the capacity and ability to do more than you might think, and while motivation and hard work will be needed, you can be sure that **THE 40+ RESET PROGRAMME** will take out the guess work and leave you feeling healthy, happy and strong!

I look forward to welcoming you to your **NMG Fitness** journey – let's do this, boom!

**WELCOME TO YOUR NMG FITNESS JOURNEY**



# THE 40+ RESET PROGRAMME

## FREQUENTLY ASKED QUESTIONS

Transforming your health and fitness is likely going to be a big decision for you, so have a look at the most common questions we receive about **THE 40+ RESET PROGRAMME**.

### **What if I don't have enough time to commit to the programme?**

**THE 40+ RESET PROGRAM** is designed with busy schedules in mind. We offer flexible workout plans that can be adapted to your daily routine, ensuring you make progress without sacrificing your other commitments.

### **Is this program too intense for me?**

Whether you're just starting out or have years of experience, **THE 40+ RESET PROGRAMME** is tailored to your fitness level. Our personalised approach means you'll receive a plan that challenges you appropriately while helping you progress safely.

### **What makes the 40+ RESET programme different from other fitness programs?**

**THE 40+ RESET PROGRAMME** is not a generic programme, and is specifically designed for men and women over 40. It's a personalised, tried and tested approach that addresses the unique challenges of aging, such as slower metabolism and increased risk of injury. You'll follow a proven system tailored to your body's needs, ensuring sustainable results.

### **How much time will I need to commit each week?**

The program is designed to fit into your busy schedule. We design the best possible training solution for you given your time, ability, goals, and recovery capacity. With typical workouts ranging from 40 to 60 minutes, 2 to 4 times a week, you'll see significant results without sacrificing your personal or professional life. Plus, our flexible nutrition plans are easy to integrate into your daily routine, making the commitment manageable.

### **I've tried other programs before and didn't see results. Why will this be different?**

We understand your concern, which is why our program has been tried and tested. The programme is based on the 3 pillars of success (fitness, nutrition and mindfulness), which, in combination with personalised coaching, gives you all the tools necessary to get your desired results.

### **What if I have existing injuries or health concerns?**

Our program is designed with safety in mind. Your coach will adapt the workouts and nutrition plan to accommodate any injuries or health issues you may have. We'll make sure that the programme is tailored to you so that you can progress without risking further injury, making it safe and effective.

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