



Feeling FAT?

Fed up with yo-yo dieting?
Find exercising a chore?
Too late to change your shape?

Sarah Hart
Personal Trainer

*Diploma in Personal Training
Nutrition & Weight Management
Sports Massage*

Let me show you how some simple changes can make a HUGE difference... permanently.

At 44, and with three kids, I know how difficult staying in shape can be whilst balancing a hectic home and work life!

As your Personal Trainer I'll work with you to rediscover the old you through a tailored exercise plan that fits in with your life.

Help is at hand!
Call me now for a confidential chat.

07507 563665



Sarah Hart ~ Personal Trainer ~ New Forest area ~ www.SarahHartFitness.co.uk



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SarahHart+Fitness