

...helping you *realize* your potential!

Like great coaches the best fitness professionals know that the study of movement and nutrition can convey useful lessons of life – from increased confidence and self-esteem to improved discipline and focus.

**Call 1(284) 547-5377
for FREE Consultation**

*All Sessions are by Appointment ONLY
whether Small Groups or Individuals*

Personal Training Hours:
Monday to Saturday
By Appointment ONLY

Exercise Technique Clinic Hours:
Monday to Friday
By Appointment ONLY



Patricia C. Daway, MRSPH

**Health & Well-being Consultant I
Dip Health Therapies & Sports
Fitness I BSc Health Promotion**

"I take my health promotion profession very seriously and very passionate about helping people lead informed, healthy and balanced lives"

When I first set up my health promotion organisation (DaWAY TO FITNESS) in East London in 2003 I knew that I had chosen the right field of work. It was rewarding to see participants achieve their goals after being motivated by our activities.

I have always had a strong interest in health therapies, exercise-fitness and people's behaviour towards their well-being. My interests grew into a successful career from 1998 when I first obtained my NVQ/RSA Exercise to Music and Fitness Instructors' qualification to teach Aerobics and Fitness Instruction. I carried on with my studies in HND Health Therapies & Sports Fitness 2003 and subsequently completed my Health Promotion Degree 2004.

Over the past 15 years I worked within a variety of settings from exercise-fitness and massage therapy to office management and health & well-being project management.

The current aim of this health awareness venture is to help our clientele alleviate any physical, mental and emotional issues likely to be encountered from everyday lifestyle. It is vital to us that all our participants leave with a better understanding of their health and well-being issues and a comprehensive, practical plan that will get them on the road to better health.

Our all inclusive service of personal training, exercise technique clinic; healthy heart workshops, remedial massage targets all groups of people, who are either susceptible to chronic diseases or exposed to the risk factors that contributes to these diseases. We are here to educate, prevent re-occurrences and to motivate positive behaviours as a means of sustaining a healthy lifestyle.



Save the Seed presents:
Patricia C. Daway
Exercise Technique Clinic

Promoting a Culture of Wellness

- Core Exercise Skills
- Personal Training
- Assessments
- Nutrition
- Wellness Workshops
- Remedial Massage

Goals

The goal of our personal training program is to turn you into your own personal trainer.

Only you are guaranteed with you for the rest of your life. We don't teach you how to use a particular machine, we teach you how to exercise properly to achieve your goals, rehabilitate injuries and to prevent future injuries.

Nutrition is the basis. Learn how to eat properly based on your goals following two key principles: Eating strategies must be easy to follow (we don't believe in diets) and secondly, they must include foods you already like to eat.

Most importantly:

Learn how to manage your fitness in a way that allows you to avoid all the fad diets and exercise programs out there. Save thousands of dollars by learning more about proper exercise technique and nutrition now and enjoy a lifetime of maintenance.



Service

Personal Training ½ hour	\$35
Personal Training 1 hour	\$50

Expect Results

What results can you expect from your personal trainer?

- Create a nutritional plan based on your goals and your personal profile.
- Learn how to turn your body into a “fat burning machine”
- Lose up to 2lbs per week of body fat per month and keep it off for life.
- Find out how to get the maximum results out of the least amount of exercise time.
- Have the body you've always wanted, be in better shape at 40 or 50 than when you were at 20.
- Fit into that bikini you've always dreamed of and or go down 1 dress size.
- Get the motivation and inspiration you need to stick with your program.

Experience

As a Fitness Professional with academic training in exercise science, nutrition, fitness assessment, exercise programming, health promotion, instructional and training techniques we will help you:

- Sports Injuries
- Loose Body Fat
- Stay in Shape
- Tone up your Body
- Sports Training
- Experienced
- Committed
- Professional

Specialised Treatment Programs

Developed for Individual Needs:

Exercise Technique Clinic: performing an exercise correctly is imperative for results

Healthy Heart Workshops on how to prevent and or manage: High Blood Pressure ! Cholesterol ! Diabetes ! Stress & Weight Management! Childhood Obesity

Remedial Massage: is designed to increase flow of blood which is particularly therapeutic for Diabetics who suffers with poor circulation in the extremities. Also good for Repetitive Strain Injury, Back Pain and much more.

Step 1



Step 2



Steps 1 & 2



Target: Abs

Muscles Worked: Rectus Abdominis, Obliques

Difficulty: Intermediate