

# Cheat sheet



## Darren Tebbenham & Allison Rumgay

CO-FOUNDER, GLOO

We offer a 10 Week Challenge program and a 100% money back guarantee to ensure our clients get the result they want that sticks.

We would love to invite you to come and see us. Take a look around our Stratford-Upon-Avon based studio and either sit in on one of our Monday evening seminars or meet with a trainer to talk through how we might help.

### Contact



[www.gloofitness.com](http://www.gloofitness.com)



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## #1 Your metrics

You must must must know your body. Without knowing your metabolic rate. Without knowing how much fat, how much water and how much protein makes up your current body composition, you cannot take a scientific approach to change your body.

We assess these metrics to determine your calories and protein targets to help you maintain a calorie deficit that will be sustainable. We take these metrics to track your progress so that we can ensure your program is specific to what you most need to finally create the result you want.

## #2 Your metabolism

Your metabolism accounts for up to 70% of your total daily calorie-burning. Aging reduces metabolic rate and dieting can be devastating to your metabolism but you can raise it...

We will help you do the right exercise to raise your metabolism to burn more calories at rest and change your body composition so that your health improves as you change your body shape and, of course, body confidence too.

## #3 Your habits

Finally, creating a result that will stick is about creating new habits.

We help every single one of our clients feel comfortable, develop the confidence and get the professional help they need to get the result they want. Get in touch...