



# Rediscover Yourself

Start your journey today



# Introduction

I'm just an ordinary mum who found my way into fitness

After having my two children, as a way of getting myself back in shape, both physically and mentally.

So I know first-hand how being healthier can transform your life, and that's why I am so passionate about sharing the benefits with others.

*Kath*

Your personal  
fitness coach



# The Rediscover You Program

I have worked with hundreds of clients over the last 10 years as a Fitness Coach and Personal Trainer gathering a wealth of experience.

With tried and tested methods for helping and supporting them through a journey of creating life-lasting results and rediscovering their happiness and inner confidence again.

*This is not a weight loss program,  
it is about helping and supporting  
you to create healthy habits*

The program will help get your body into shape, your mindset in the right place and eat the right foods to fuel your body without it restricting your life. After all, if we can't enjoy and have fun with our family and friends what is the point!

# This is about living your best life!

Finding a balance that suits your lifestyle that is sustainable and easy!

To do this there are 4 Pillars to address.

## Pillar 1

### Dealing with Stress and Overwhelm

*This program is all about creating sustainable lifelong habits that will change your life for the better!*

In order to do that we need to do things a little differently. **We need to be honest about where we are now and take ownership and responsibility. This is where the power is!**

We realise that we are where we are because of the choices we make then we can take action to change them. However, we need to identify where we are first so we can plan our journey. If you don't know where you are right now you are already lost!



### Time is precious

Fitting all these extra things in your day can be a little overwhelming. The truth is we spend a lot of our time thinking we have no time and waste time!

By analysing our day and keeping a log of how we spend our time we can identify where we can save time and become more efficient with the time we have. This means that we can use our spare time doing the things we love or spending it with the people we love rather than doing the household chores and burning the midnight oil!



*There are lots of ways we can save time, and this can be a fantastic exercise to involve the rest of the family.*

Ask for their help when everyone can see how much you do, they may realise that they need to help and support you more by taking some of the chores on.

Maybe you are in the habit of going to the supermarket every day, this takes a lot of time each week. By meal planning and getting your shopping in for the whole week you can save hours! I am here to help you find more time with lots of suggestions and hacks to help you find more time for yourself!

## Pillar 2

### Body Audit – a line in the sand!

*Keeping a record of your stats is crucial to setting you up on the right track.*

I highly recommend you take pictures of yourself in your underwear on a weekly or fortnightly basis as sometimes we do not notice the difference in the mirror but you do in a side by side photograph. It can be very motivating!

We need you to record your weight and measurements on a weekly basis and send me your numbers via a photo message on WhatsApp or messenger. **This means I can keep an eye on your progress and make any adjustments to ensure you remain on track!**

**RECORD  
YOU STATS!**

*Before you start the your training, write down your measurements and again at the end of each week to see how well you are doing.*



## Pillar 3

# Rediscovering Your Health and Fitness

*Tailoring a program that suits your daily routine, home and work commitments is the cornerstone of putting you back in the driving seat of your health, fitness and body shape.*

**This includes food, what to eat, when to eat and how often to eat.** You will learn the tools of how to manage your meals to best control your weight going forward so you will never have to feel like this again.

**An exercise plan and routine that is easy to fit into your everyday life** that will leave you feeling invigorated and energised!

**Daily check-in at the start of the plan via text message and fortnightly chats to help support and keep you on track.** I am only a message away. If you need me I am here to help! You're never on your own, we also have a private facebook group where you can share your experience and interact with others on a similar journey.

## Online Classes

I am live weekday mornings at either 6.30am or 7am doing the workouts with you.

My classes are also recorded so if it suits you to do them at a different time of day that is also an option.

To find out more, email [info@katherinebray.com](mailto:info@katherinebray.com)



# Mindset – Project Happiness

*This booklet is designed to help you with exactly that.*

Establishing a simple morning routine will help you feel great every single day. **All it takes is a little bit of gratitude, focus on a list of daily tasks and a little reflection.** It is amazing how much can be achieved when you practice these!

We combine all 4 of these pillars and create a bespoke plan to take you through the next 2 weeks that is **guaranteed to improve your health, happiness & fitness.** We will have worked together to reconnect with yourself again.

**The Rediscovered You will be:**

*Confident • Happy  
Dynamic • Healthy • Sexy*

**And you will have:**

- *Find your waist again*
- *Skin that glows*
- *Be energetic, bubbly and happy*
- *Have a whole new wardrobe without going shopping*
- *Established a better work-life balance*
- *Be in the driving seat of your health, body shape and weight*

I will teach you the tools you need to take control of your health, happiness and fitness forever.

**When you learn this, your life will change forever!  
You will always find yourself and Love YOU and appreciate all around you!**



Follow me



*Katherine Bray*

FITNESS COACH

If you would like to book an online session or have any questions, please contact me.

[info@katherinebray.com](mailto:info@katherinebray.com)

07942 897 323

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

