

Matt Farr Health

Be the **Best** you can be



MIND-BODY TRANSFORMATIONS

Transform your **Energy**
and **Physique**

As a **Mind-Body Transformation** Coach I specialise in helping entrepreneurs in their 30s and 40s to regain the **energy** they had in their 20s.

Throughout the 14 years I have been working within the **health** and **fitness** industry I have helped over **500 entrepreneurs** and **city professionals** to transform their **energy** and **physique**. I have studied much of the latest science and cutting edge methods in **nutrition**, **exercise** and **mindset** in order to help clients improve their health and function of their mind and body. I bring the best of my 14 years of study and experience into my 6 month **transformations** that enables my clients overcome the barriers preventing them from achieving radical results.

Throughout the 6 months participants see profound improvements to their **energy levels**, **physique**, **productivity** in life and make lasting changes to their health and lifestyle without struggle.



Clients Come To Me Complaining That:

- Their Energy Levels Have Dropped Significantly In The Last Few Years And Is Having a Big Impact On Their Work, Social Life and Relationships
- They Feel Uncomfortable In Their Clothes And Body
- They Are Frustrated By Previous Attempts To Improve Their Diet, Lifestyle And Exercise Routine Which Has Resulted In Only Small Or Temporary Improvements
- They Are Concerned About Their Long Term Health
- They Struggle To Successfully Make Changes To Their Habits And Behaviours
- ...And Most Importantly They Have Had Enough And Are Ready To Commit To Change

Benefits Of My Transformation Programmes Include:

- Regain Much Of The Energy And Vitality You Had In Your 20s
- Increase Your Performance And Productivity In Your Career Or Business
- Eliminate Aches And Pains
- Improve Your Posture
- Lose Weight
- Gain Muscle
- Develop A Peaceful And Resilient Mind
- Resolve Your Digestive Problems e.g. IBS, Pain, Bloating Or Constipation
- Make Major Improvements To Your Health/Medical Conditions e.g. Type 2 Diabetes, High Cholesterol, High BP, Migraines

- Develop The Mindset To Train Like An Athlete In The Gym
- Learn Exactly What Foods And Diet Work Best For Your Unique Metabolism And Body
- Eliminate Your Self Sabotaging Behaviours
- Make Changes To Your Unhealthy Diet And Lifestyle Habits Without Stress Or Struggle
- Overcome Cravings And Addictions
- Strengthen Your Immunity Against Colds And Flu
- Fall In Love With Exercise
- Discover Why You Have Struggled With Your Health Up Until Now
- Develop A Body You Can Be Confident In And Proud Of
- Learn How To Use Exercise (Mindset) As A Vehicle To Improve Performance At Work
- Discover How To Exercise A Few Hours A Week And Achieve Phenomenal Results
- Develop Clarity And Direction In Your Life

Before & After

Before → After



Before → After



Before → After



Before → After





Testimonials



"Before I started with Matt on his 12 Week Mind-Body Transformation programme I thought I had my health and fitness sorted. I had had years of Personal Training, I knew what I should eat/avoid and I had my workouts all mapped out. However despite that I would often eat foods like bread and ice cream that I knew I shouldn't and when it came to the gym I'd often find every excuse under the sun to not go or I'd give up part way through when I did.

Very early on in the programme I realized how much eating had become a source of comfort for me and how I experienced diet or exercise as a form of punishment. It all started out of experiences I had growing up where I never enjoyed sport and I was put on diets because I was overweight as a child. After going through some mindset processes with Matt I developed a very different relationship to food and exercise.

I also got a strong wake-up call after running some tests with Matt and I discovered how much my long term health was at risk if I continued down this path. Following the testing and mindset work we did I started following the food and exercise plan religiously and I was pleasantly surprised at how quickly I started losing weight and how much easier exercise became.

I can honestly say I have never been slimmer or healthier in over 25 years. I have much more energy, my liver is healthier, I exercise every day, I'm much more active in life generally, I eat healthier and when I do occasionally treat myself I am in complete control."

RICHARD ISA, ENTREPRENEUR & PHOTOGRAPHER

"I started working with Matt as after my latest medical at work I realised I really needed to make some big changes or I was going to end up in poor health, which I really didn't want. After speaking with Matt I recognised that he provided the kind of holistic coaching and training that I was after that would address all areas of my lifestyle. His approach fitted perfectly with my busy schedule, progressed me at just the right pace and as a result I have seen a massive transformation without it being hard work. My cholesterol and blood pressure are down, I am thinner, more toned, I sleep better, I'm more energetic, look younger and my chronic back pain and upset stomach are gone. Working with Matt I have learnt a lot about how to truly take care of my health and body, which so often goes against what we are taught about diet and exercise. Contrary to what I previously believed you don't need to invest lots of time and in lots of equipment to be fit and healthy."

PAUL GRANT, ACTUARY

"Before I did the transformation programme with Matt, I was very frustrated with my results with bodybuilding. I struggled to build muscle and put on weight and I wasn't sure what I was doing wrong. I was also worried that the motivation and habits built during the programme would be short-lived.

Through Matt's holistic approach, I got to the root of my frustration; I discovered my body has been in chronic stress due to fatigue of my adrenal glands. I wouldn't have discovered this through my GP nor a personal trainer.

I was also drawn to Matt's mindset part of the programme. Before the programme, my attitude in the gym was abysmal; I wouldn't challenge myself to lift heavier weights and often sell myself out to a poor 'self-image'. Now, it's completely different; I go into each exercise ready and charged to nail it! This not only improves my performance but also leaves me incredibly satisfied that I've given it my all.

Matt's mindset exercises also mean I really learnt to make health and fitness a priority. 6 weeks after the programme, I still maintain my routines for exercise, nutrition and recovery."

NOOR KHAN, BUSINESS ANALYST

What Is Involved The 6 Month Mind-Body Transformation Programme?

One to One Sessions:

One to One sessions are typically delivered through a mix of face to face training and coaching sessions, along with coaching sessions delivered through video/phone calls.

Online Modular Programme:

Throughout the 6 month programme aside from the one to one time spent together you will have access to a modular series of online educational videos and articles covering a range of topics important to improving your energy, health and wellbeing that Matt has put together as a result of his 17+ years of study of the human mind and body.

In addition throughout the programme you will receive:

- Ongoing email and phone support
- Regular assessments and reviews of your progress
- Coaching will cover planning, implementation and accountability

Although each 6 month programme is tailored to each individual a typical programme will follow the following format

Weeks 1-6 : Assessment & Correction

The first few weeks are heavily focused on assessing and measuring all aspects of your lifestyle, body and mind that will influence the success of the programme. We will also use some initial corrective protocols to address what we find. This will include:

- Questionnaires and lab assessments of the biochemistry of your body (stress, repair and sex hormones), liver and kidney function, digestive health, inflammation, blood lipid and blood sugar assessments
- Assessment and correction of biomechanical and postural imbalances
- Assessment of and improvements made to your diet and lifestyle choices
- Assessment of and improvements made to your sleep environment and routine
- Questionnaires, assessment and resolution of any emotional, energetic and unconscious programming (e.g. limiting beliefs) that may prevent you from adopting healthier behaviours or causing stress/imbalance in your body
- Goal setting and planning created for the 6 months
- Create a vision for where you wish to be by the end of the programme

Each week will typically require 3-6 hrs contact time with tasks to complete outside of this time.

Weeks 6-13: Building the Foundation

- A personalised fitness and conditioning programme is introduced
- Psychological techniques to maximise exercise performance are introduced
- Principles of healthy living are introduced
- Assessment of and improvements to chemical and electro-magnetic stressors (toxins) in your environment
- Further assessment and correction of any physiological/biochemical imbalance
- Receive regular energetic healing and rebalancing
- Nutritional plan is tailored to your unique metabolic make up, goals and lifestyle in order to help restore health and balance to your metabolism

Each week will typically require 2-4 hrs contact time with tasks to complete outside of this time.

Weeks 6-13: Building the Foundation

- Personalised advanced training and conditioning methods are utilised to help you achieve your goals
- Continual work on mindset, nutrition and lifestyle
- Advanced sleep strategies introduced for maximising health and recovery
- Continual work on metabolic, physiological and energetic healing and rebalancing
- Principles for developing a stress free mind are introduced
- Advanced nutrition tailored to your metabolism, goals and lifestyle

Each week will typically require 2-4 hrs contact time with tasks to complete outside of this time.

Matt Farris's Training and Certifications include

BSc Sports Studies - 2:1

Premier Training International Diploma in Personal Training and Sports Therapy

Premier Training International PTS - Resistance Movement Training Award

NASM Personal Trainer Award

Football Association Fitness Trainer Diploma Award

British Weight Lifters Association - Sports Instructor Award

C.H.E.K Holistic Lifestyle Coaching - Level 1 & 2

Poliquin Performance - Biosignatures Level 1 Award

Certified Metabolic Typing Adviser - Level 2

Functional Diagnostic Nutrition Adviser

Neurologistics Practitioner (Brain Wellness)

Emotional Freedom Technique Practitioner - Level 2

Anatomy in Motion Practitioner - Level 4

Basic Psych - K Certification

Christopher Howard Results Coach

Erikson Hypnosis Certification

NLP Certification

Register of Exercise Professionals (REPS) at Level 3

6+ Years of Training and Development at Landmark Worldwide in Leadership & Coaching

Longevity Practitioner

Metabolic Healing: Blood Sugar & Insulin Resistance Mastery Course

East West Healing: Metabolic Blueprint

East West Healing: Fight Fatigue with Food

Body Transformation Academy: Behaviour Change Certification

Emotional Tracing Technique with Intuity

GET IN **TOUCH** AND
GET IN **SHAPE**



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