

# WILD TRAINING

MONTHLY ARTICLE FROM JAMES GRIFFITHS

INDUSTRY INSIGHTS - EDUCATION - PERSONAL TRAINING



THIS MONTH'S FEATURES

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**The Wild Training  
Brand**

**A Life Without  
Limits**

**Defining Health**

**#LiveAWildLife**

## WHAT IS WILD TRAINING TO YOU

The brand message is simple, Live A Life Without Limits.

#LiveAWildLife, but what does that mean to us, or maybe more importantly, what could that mean for you?

Health" in the dictionary is described as a state of being absent of illness or injury.

Our brand video talks about maximising power, endurance and control across the full range of natural movement. What we are really saying is we want you to have confidence in your body to do anything, anywhere, anytime. Complete freedom to enjoy life where the only limit you have is your own imagination.

# "SO THE FIRST STEP TO LIVING A LIFE WITHOUT LIMITS, IS TO MAKE SURE WE ARE HEALTHY"

So the first step to living a life without limits, is to make sure we are healthy. No pain, no injuries, no illnesses. Offering a variety of training from basic strength training, to flexibility and injury rehab classes helps Wild Training support you with creating a healthy foundation.

Eat more good food than bad food and prioritise some practical nutrition rules. The 'Wild Food Guides' are easy to implement and will have a massive impact on your energy levels and make managing your weight simple.

Wild Training helps you transform your health by re-balancing your lifestyle to incorporate regular exercise that you enjoy.

For us that is a minimum of three effective workouts every week based on programming that changes every 4-8 weeks, which will keep you seeing results and help you maintain a great relationship with exercise.

The diversity of training that Wild Training delivers, ranges from functional training to Martial Arts, Aerial Silks and Pole Fitness. Not forgetting Yoga to Strongman to Calisthenics body weight training.

Wild Training really do cover the best types of activities so you will never get bored of training. So that is what Wild Training is to us.

# "THE QUESTION IS, WHAT COULD WILD TRAINING DO FOR YOU?"



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