



Basildon Hypnotherapist & Personal Trainer Team Up to Help Get People's Minds and Bodies in Shape



Hypnosis and fitness professional teaming up to create an innovative new boot camp to help individuals make a lifestyle change in 2016. Total mind & body workout; find your motivation, beat food cravings & focus on fitness.

A local Basildon hypnotherapist has teamed up with a champion martial artist and personal trainer to offer a new and unique, 4 week fitness bootcamp in January 2016.

Clinical hypnotherapist, Victoria Baldwin of Pathways Hypnotherapy, and London based fitness expert, Michael Nelson-Cole, are combining their skills to help individuals wanting to get fit and change their lifestyle in the New Year.

Ms Baldwin, who specialises in helping people with weight loss and beating food cravings, says: "Both Michael and I work with people helping them lose weight and get fitter but by combining my skills in hypnosis and Michael's expertise in fitness and exercise we are providing something really special. It can work out expensive seeing a hypnotherapist and employing a personal trainer but with the Essex Mind and Body Bootcamp people get a real bargain plus the added bonus of other like-minded people to help push them and motivate them."

"Working together we can help people combat bad food choices, focus their minds and choose the right level of exercise for them; helping motivate them and push their fitness level. It's about getting people to change their lifestyles. Everyone needs a little helping hand sometimes and that's what we want to do."

According to projections by the World Health Organisation, 36% of UK men and 33% of women are predicted to be obese in 2030 compared with 26% of both in 2010. Obesity has been blamed on our modern lifestyle, including our reliance on cars, TV, computers, desk jobs, high-calorie food, and clever food marketing, that has



encouraged inactivity and overeating. Even with all the external factors affecting weight the message is simple: to lose weight, you need to eat less and move more!

Mr Nelson-Cole, a former National and International medallist in Kung Fu, says: "I was told as child I would never walk due to illness; I didn't give up then and I don't give up now. Training with me is always going to be fun, effective and more importantly I will ensure everyone meets the goals we set together. My belief is that through keeping fit and obtaining/maintaining good health your general way of life is richer every respect."

"Once Victoria has boosted someone's motivation, I take over and use that enthusiasm to get the best out of them physically; helping them push themselves to make the most of the body they have got and turn it into the body they want."

Essex Mind and Body bootcamp will only run a few times a year, at Frypa Hall in Basildon, due to the busy schedules of both professionals involved, so to book now or find out more visit www.hypnobootcamp.co.uk

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For further information about hypnotherapy in Basildon, please contact Victoria Baldwin

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Qualified and registered hypnotherapist based in central Basildon, Essex - private, spacious & relaxing therapy room with private parking and good disabled access. My manner is professional, confidential but relaxed and friendly.