

GRAEME MARSH TRAINING

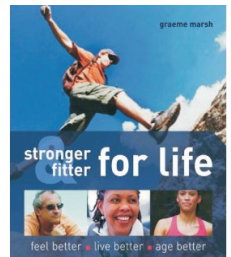
Introducing Graeme Marsh MSc – Corporate Speaker and Expert in Fitness and Nutrition



With over ten years as a personal trainer and nutritionist in the city of London, Graeme has developed a reputation as an expert in training and diet for busy city professionals. Graeme has worked in London, Cairo, and the U.S with clients ranging from CEO's of global investment banks to partners at law firms, alongside actors and athletes. As well as working as a busy trainer, Graeme has authored two books and over 75 published articles in national newspapers and media ranging from Marie Claire to Mens Health. He holds a Masters degree in Sports Science and numerous professional qualifications and has spoken on topics from fat loss to stress for companies such as RBS and Weil Gotshal Manges as well as at fitness industry conferences such as Fitpro and Fitness Forum. An accomplished and amusing speaker, Graeme is passionate about his subject and is a firm believer in providing accurate, evidenced, and balanced viewpoints on all things related to fitness and nutrition.

What Graeme's clients say:

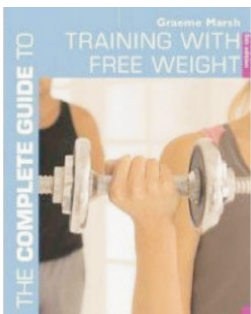
“Graeme is a very interesting and charming corporate speaker. At our recent event he was extremely knowledgeable and informative about the subjects he was lecturing on, and was able to expand into many other related areas in the Q&A sessions at the end of the talk. His evident enthusiasm for his subject matters kept the audience attentive and his light-hearted and friendly format ensured his audience were engaged throughout. K. Matthews Royal Bank of Scotland



“I have a great deal of confidence in Graeme. He keeps up to date with the latest research on exercise and health and he knows what the technical detail means for real people trying to get fit. Graeme is also unafraid of challenging the many myths that exist about fitness, and he has a nice sense of humour too!” – Rachel Baird, Health Editor, Daily Express newspaper.

“Graeme is a fantastic trainer and a very knowledgeable voice, I often call on his expertise for the fit for life section of Mens Fitness” Matt Ray – Fitness Editor – Men's Fitness U.K

“Graeme's knowledge of the fitness industry and how to apply it to everyday situations in a way that is relevant and accessible is almost without parallel, which has made his contribution to Men's Health magazine invaluable. I would recommend him to anyone wanting to tap in to what is really going on in the world of health and fitness” Matthew Barbour, Contributing Editor, Men's Health



What can Graeme deliver for you?

As a versatile speaker with a wide-ranging expertise, Graeme is able to deliver talks on a variety of topics from the health and fitness world, ranging from performance nutrition for sports through to stress and its effect on health and body composition. Some of the talks that he can give include the following:

“Why Stress is making you Fat, Miserable, and Sick, and what you can do about it”

The pace of modern life has meant that things have never seemed more stressful and the effects of that are increasingly prevalent in our health and fitness. Chronic stress is making us sick, fat, and unhappy, and can have profound effects on our health and quality of life. In this talk Graeme explains how and why this happens and how you can change your lifestyle to address it through nutrition and exercise.

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You can find out:

- Why some types of exercise can actually make things worse
- The most important thing to address when dealing with stress
- How diet can weaken or strengthen the immune system
- Why dieting is bad for you
- How stress can affect how and what you eat
- How you can combat the effects with simple strategies

“Facts and Fallacies of Diet and Exercise”

More than ever we are bombarded on a daily basis with the latest crazes about exercise and diet. There is probably no industry more prone to fads and crazes than the fitness world. In this talk Graeme examines the actual evidence behind the claims and the hyperbole and uncovers some surprising truths that may change how you eat and exercise in the future. Topics covered include:

- The truth about the Atkins diet
- Why aerobics doesn't work for weight loss
- Why dieting can actually be bad for you and why they don't work
- Why it's sugar and not fat you should be worried about
- Why watching your salt intake is pointless for most people
- What the best way is to lose fat, gain muscle, and improve health.

“Building the Executive Athlete”

How we eat, sleep, and exercise can have a massive effect on our workplace performance and our ability to concentrate, our enjoyment of work, susceptibility to illness and injury, and the way we interact with our colleagues. Often the most simplistic interventions can have an incredible impact on workplace performance and culture. During this talk Graeme will cover some of the key strategies he has used with top business professionals to help improve performance and shape the 'executive athlete':

- Avoid the afternoon slump that affects so many workers
- Learn to balance energy levels and mood
- Reduce anxiety, back pain and absenteeism
- Promote exercise to improve staff wellness
- Improve focus, concentration, and mental function through diet and exercise

Rates and Availability

Rates for talks are highly competitive and Graeme's standard rate is £250 for a 90-minute talk at your company. Talks that are longer or require more specific preparation can be agreed on prior to arrangement.

Graeme is also available to present alongside his colleague the health psychologist James Lamper and they also offer a combined 4-hour seminar on 'Weight Loss Results – Addressing Mind and Body' which is a fascinating insight into both the emotive and physical aspects of successful weight loss.

To find out more about these talks and to have Graeme present at your company, please email info@graememarsh.com or call Graeme on 07939 414193.