

THE INTOUCH 5 HOUR METHOD EXPLAINED

 **NTOUCH** FITNESS.
touch

The 5-Hour InTouch Method™

- **90 minutes of self-care & recovery**

Time dedicated to slowing down and resetting your nervous system, this may include a bath, meditation, stretching, breath work, a massage, or quiet personal time to support recovery, stress management, and hormonal balance.

- **Daily movement built in naturally**

Steps and light activity are encouraged throughout the week to support fat loss, circulation, and energy without formal cardio sessions taking over your life.



- Simple at-home metabolic practices

Short, easy routines that help maintain your metabolism between sessions, support consistency, and keep you progressing even on busy days.

The result:

A balanced approach that improves body composition, energy, strength, and wellbeing, while fitting into real life.

INTRODUCING THE INTOUCH METHOD™

The InTouch Method™ is a three-pillar performance system for growth-minded men and women 30+ built to increase daily energy + performance strength, fat loss and confidence without sacrificing family time or career focus.

Pillar 1 — Structured Strength & Conditioning

Focused, efficient training sessions that build strength, improve posture, boost metabolism, and raise energy, without long hours in the gym.

Pillar 2 — Lifestyle Integration & Recovery

We integrate health into your REAL life:

Sleep, stress, habits, mobility, the right food, and recovery.

This is where long-term change actually happens.

Pillar 3 — Coaching, Accountability & Mindset

Support, encouragement, check-ins, and personal guidance to keep you consistent even when life gets busy.

This is the pillar my clients value the most.

You're not doing this alone anymore.

What You Can Expect From the 5-Hour InTouch Method™

This isn't about doing more, it's about doing what actually works.

Clients following the 5-Hour InTouch Method™ commonly experience:

Visible fat loss and improved body shape

- Without extreme dieting or excessive training, just consistency, structure, and smarter habits.

Increased energy throughout the day

- Less reliance on caffeine, fewer crashes, and more stamina for work, family, and life.

Greater strength and physical confidence

- Feeling capable, strong, and secure in your body, not just "tired but thinner."

The end result:

A stronger, leaner, more energised body and a lifestyle you can actually sustain.

What You Can Expect From the 5-Hour InTouch Method™

Better consistency and adherence

- Because the plan fits into YOUR real life, results are maintained instead of lost after a few weeks.

Reduced stress and improved wellbeing

- Built-in recovery and self-care help calm the nervous system, improve sleep, and support hormonal balance.

Clarity around food choices

- No guesswork, no daily decision fatigue, you know what you're eating and why it supports your goals.

A healthier metabolism long-term

- Through intelligent training, daily movement, and at-home metabolic practices that keep progress moving forward.

A more positive relationship with exercise and food

- Training becomes something that supports your life, not something that competes with it.

The end result:

A stronger, leaner, more energised body and a lifestyle you can actually sustain.

FREE
STRATEGY
SESSION