

THE INTOUCH 5 HOUR METHOD EXPLAINED

 **NTOUCH** FITNESS.
touch

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 and confidence levels, 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.

The 5-Hour InTouch Method™

A simple, sustainable system designed for busy people 30+ who want real results **without living in the gym.**

Each week focuses on just 5 intentional hours:

- **Up to 3 hours of structured training per week**

Efficient, coach-led sessions designed to improve strength, fitness, metabolism, and confidence without overtraining, overthinking or burnout.

- **60 minutes of weekly meal planning**

We get you to plan your meals at the start of the week so you know exactly what you're eating, stay within your calorie targets, reduce decision fatigue, and remain consistent without restrictive dieting.



The 5-Hour InTouch Method™

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

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

- **Additional daily movement**

Steps and light activity are encouraged throughout the week in addition to structured training, 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.

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 happening around the clock.

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

WHO WE WORK WITH

At InTouch Fitness, we specialise in working with:

- High-performing professionals dealing with stress and fatigue
- Busy parents juggling work and family life
- Men and Women aged 30+ who want to feel strong again
- Who want to tone up, build confidence, increase energy, while melting body fat
- Those who need better structure, improved strength and accountability
- Individuals recovering from setbacks, inconsistency or overwhelm

Clients choose us because they want:

- Premium, knowledgeable, professional coaching
- Someone who understands their life pressure
- Hybrid & online training options
- Real, long-lasting results

A coach they can trust in their home, online & workplace to deliver results

WHAT CLIENTS EXPERIENCE

With my coaching utilising the Intouch Method, you will experience these things:

- ✓ More energy throughout the day
- ✓ Achieved goals
- ✓ Better strength, energy & posture
- ✓ Sustainable fat loss
- ✓ Increased fitness levels & confidence
- ✓ Reduced stress
- ✓ A coach who really cares
- ✓ Clearer mindset
- ✓ More control of your routine
- ✓ A healthier, fitter lifestyle without sacrificing family time
- ✓ A healthier balance between your social life, training and work commitments.

Most importantly you will feel like the best version of yourself again.

THE INTOUCH DIFFERENCE

You're not hiring just a fitness coach or buying sessions
You're hiring a system, a method, and a performance mindset
backed by years of elite sporting experience.

Knowledge

Experience-led guidance built from **elite sport** and real-world coaching, not trends or generic plans.

Professionalism

Structure, preparation, innovation and a consistently high standard of service.

High-Level Communication

Clear direction, honest feedback, and calm leadership, so you always know what to do and why.

Consistency

A system that removes guesswork and keeps you progressing, even when life is busy.

Structure & Clarity

Training, recovery, and lifestyle organised into a simple, repeatable framework that fits real life.

Accountability

Support that keeps you showing up, adjusting, and moving forward, without pressure or guilt.

Dedication

Attention to detail and long-term commitment to your performance, both in the gym and in real life. No quick-fix mindset.

Performance Mindset

You don't just get fitter, you learn how to operate better under pressure, stress, and improve your adaptability.

WORKING WITH ME

Coaching with InTouch Fitness is structured around your goals, your lifestyle, and the level of accountability required to perform consistently.

Options include:

Private in-home coaching

Focused sessions tailored to your goals, space, and lifestyle.
Outdoor coaching (Clapham, Wandsworth, Balham)

Online/Hybrid coaching

A full lifestyle system with app-guided workouts, tailored plans, check-ins and accountability.

Outdoor coaching

High-energy metabolic, strength & conditioning training sessions for improvement of strength, fitness and confidence.

Corporate wellness & small leadership groups

Performance, wellbeing and energy coaching for teams.

NEXT STEP

If you'd like to learn more, explore a tailored plan or book your FREE strategy session, simply message me 'STRATEGY' or click the link below.

FREE STRATEGY SESSION