

FIT BODY LONDON

London mobile personal training & massage therapy



Sitting for a prolonged period of time at a desk inhibits unhealthy circulation, encourages poor posture and back ache, and ultimately makes you tired, stiff, less focused and productive. But now you can have more energy, less pain and higher levels of performance. thanks to mobile massage and personal fitness sessions delivered right to you, in the workplace and at home by qualified experienced professional.



Low Impact Fitness / Chair Massage / Table Massage / Personal Training

Choose Group or Individual Session of 30 Minutes or 1 Hour



Massage benefits:

- Alleviates symptoms of stress and leaves you and your employees relaxed, refreshed, invigorated, and energized.
- Increase team performance and productivity while helping to reduce lost time and money due to illnesses and sick leave.



Please visit our website: www.fitbodylondon.com or contact us for more information:

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Improves posture and relieves back pain.

Boosts the immune system and lowers bad cholesterol levels.

Enhances energy levels, mental clarity, and creativity.
Increases joint function, range of motion, and muscle strength.
Combats depression, elevates mood, restores confidence.