



fitandhappy

Fun and supportive fitness coaching
for women





About Us

- **Founded** by [Julia McCabe](#) – Personal trainer & nutrition coach.
- **Aim** to help women in Edinburgh become fitter, healthier and happier.
- **Approach** - combines exercise, nutrition, mindset and lifestyle advice, to help women develop healthy habits that last.

Our Training Approach

- No calorie counting
- No feeling guilty
- No more fad diets
- No shouting
- Lots of fun
- Develop healthy habits
- A programme designed to suit your life



Personal Training For Women

- Small Groups, 2:1 or 1:1
- A programme designed exclusively for you
- Choose your preferred workout space – home, garden, park or online personal training
- Personalised nutrition and lifestyle coaching
- Train 1-5 times per week
- Free 1 hour personal training consultation



Boot Camp For Ladies in Edinburgh



A boot camp suitable for women of all ages, sizes, shapes and fitness levels. We aim to have fun and get fitter.

Classes can be found in parks throughout Edinburgh.



Online Health Coaching

90 Day Health Accelerator

- Create a life you truly love
- Create new healthy habits
- Feel energised
- Feel empowered to create the life you want so you can do the things you love
- Look forward to the future with excitement



fitandhappy Contact Details

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