

THE GREEN WARD 

# GOLD MEMBERSHIP

*"Eat Healthy, Look Good, Feel Great, LIVE HAPPY"*

# Welcome

Our Gold membership is for you. It is designed around your health goals and your lifestyle. We believe in helping you find the right lifestyle balance by creating individual plans for you to follow easily and feel fully supported.



We understand that everyone is different, therefore, we have a variety of resources available, so you can choose a path that suits you.

During, your time as a valued member with us we will be on hand to give you all the advice and encouragement you need.

“Everything we do is designed to help you find  
a healthier & better you!”

# The GREEN WARD principles

Our GOLD membership is based on a set of 4 key principles for healthier living

1

## Healthy Food Choices

We guide you towards the best way to balance your diet and get the most out of what you eat.

2

## Regular Physical Activity

We will create exercise plans that fit perfectly with your lifestyle.

3

## Improved Health & Wellbeing

Our plan helps boost energy levels, improves digestion, sleep and emotional resilience.

4

## Lifestyle Changes

We work closely with you to analyse your diet and lifestyle to help you eat healthy, look good, feel great and live happy.

# TOOLS FOR A HEALTHIER YOU

Based on the contract, your membership includes:



## 3 MONTH CONTRACT £320

- **NUTRITION CONSULTATION**  
1 Initial personal consultation and 2 review calls
- **TRAINING CONSULTATION**  
1 Initial personal consultation and 2 review calls
- **DIETARY ANALYSIS**  
1 x dietary analysis to reveal your nutritional status
- **BESPOKE DIET PLANS**  
1 diet plan designed for you to meet your nutritional objectives
- **BESPOKE TRAINING PROGRAM**  
1 x training program tailored for you to fulfil your health potential
- **BRONZE FEATURES**
- Unlimited access to the 12 Bronze membership features (does not include the Reward Yourself loyalty points)
- **GOLD DISCOUNT**  
20% off any of our Nutritional Therapy services

## 6 MONTH CONTRACT £560

- **NUTRITION CONSULTATION**  
1 Initial personal consultation, 1 follow up consultation and 4 review calls
- **TRAINING CONSULTATION**  
1 Initial personal consultation, 1 follow up consultation and 4 review calls
- **DIETARY ANALYSIS**  
2 x dietary analysis to reveal your nutritional status
- **BESPOKE DIET PLANS**  
2 diet plans designed for you to meet your nutritional objectives
- **BESPOKE TRAINING PROGRAM**  
2 x training programs tailored for you to fulfil your health potential
- **BRONZE FEATURES**
- Unlimited access to the 12 Bronze membership features (does not include the Reward Yourself loyalty points)
- **GOLD DISCOUNT**  
20% off any of our Nutritional Therapy services

## 12 MONTH CONTRACT £995

- **NUTRITION CONSULTATION**  
1 Initial personal consultation, 2 follow up consultations and 9 review calls
- **TRAINING CONSULTATION**  
1 Initial personal consultation, 2 follow up consultations and 9 review calls
- **DIETARY ANALYSIS**  
3 x dietary analysis to reveal your nutritional status
- **BESPOKE DIET PLANS**  
4 diet plans designed for you to meet your nutritional objectives
- **BESPOKE TRAINING PROGRAM**  
4 x training programs tailored for you to fulfil your health potential
- **BRONZE FEATURES**
- Unlimited access to the 12 Bronze membership features (does not include the Reward Yourself loyalty points)
- **GOLD DISCOUNT**  
20% off any of our Nutritional Therapy services

# Nutrition Consultations to discuss your nutritional goals



Our approach involves working with and supporting you to obtain nutritional balance. We therefore ask you to complete, and return to us, our health questionnaire and a food diary of your typical day before the first consultation.

*Consultations are arranged through Skype, by phone or via email*

## **Initial Personal Consultation 90 minutes**

- Build a picture of what is going on in your body based on your results from the questionnaire
- Understand what may be causing some of your health issues
- Explain what we believe is happening
- Make suggestions for dietary and lifestyle changes
- Suggestions and recommendations will be mutually agreed upon to ensure you are ready to make the changes

## **Follow up Consultation 45 minutes**

- Evaluate your health status
- Adjust diet plan where necessary
- Adjust exercise plan where necessary
- Discuss your future health maintenance

## **Review Calls 15 minutes**

- Mini reviews to discuss your progress
- Continuous mentoring

# Training Consultations to discuss your training goals



We aim is to help you to improve your overall fitness as we believe this will provide you with optimum health. To facilitate changes, we ask you to complete, and return to us, a one day activity diary before the first consultation.

*Consultations are arranged through Skype, by phone or via email*

## **Initial Personal Consultation 60 minutes**

- Build a picture of your fitness level based on your activity diary
- Understand what may be causing some of your health issues
- Help with the recovery of any injuries that may be holding you back
- Make suggestions lifestyle changes
- Suggestions and recommendations will be mutually agreed upon to ensure you are ready to make the changes

## **Follow up Consultation 30 minutes**

- Evaluate your health status
- Adjust your exercise program to support your progress
- Discuss your future fitness maintenance

## **Review Calls 15 minutes**

- Mini reviews to discuss your progress
- Continuous mentoring

# Dietary Analysis uncovers your nutrient intake



Our unique dietary analysis software program will calculate your nutritional requirements to reveal what you should be consuming in relation to your age, gender, height, weight and activity level.

The results will highlight which foods are contributing the most or least in your diet against each nutritional value. Our expert analysis will reveal if you are fighting fit or putting yourself at risk of long term illness by revealing:

- How many calories you consume on an average day
- Whether you are getting all the nutrients you need from your diet
- If your diet consists of too much sodium or saturated fats
- Any allergens
- High levels of sugars within your diet
- Glycemic load
- Free sugars you might be consuming on a regular basis
- PRAL (acid/alkaline) reading of the nutrients you are consuming

*"Being the correct weight doesn't mean you are healthy! Are you really looking after your body as well as you think?"*

# Bespoke Diet Plans just for you



When it comes to diet plans, one size does not fit all! Everyone is unique. Your weight, health challenges and lifestyle are all individual to you. Good nutrition is all about having the right balance for you.

Our Nutritional Therapy approach allows us to have a better understanding of your health goals, lifestyle demands and medical conditions, so we can better support you. We work with you to find ways to improve your nutrition so that you can achieve the best results from your bespoke diet plan.

However, improved nutrition is only one part of the equation. No health & wellbeing goals that are based on diet alone is going to be effective in the long term. The nutrition aspect we offer in your membership works hand in hand with a personalised exercise plan to help.

*"We help you to identify the foods that make you look and feel your best"*

# Bespoke Training Program tailored to you



A Healthy diet accompanied with regular physical activity is an essential part of becoming fit and staying healthy. Whatever your fitness level, we are here to tailor a bespoke training program that works towards achieving your fitness goals.

We aim to give you the confidence to succeed with a specially designed training program to suit your lifestyle. The program will be tailored to you and your fitness level.

## **6 & 12 Month Contracts Only**

We review and adjust your training plan to ensure that your health and fitness is always moving in the right direction.

*"Hard work, dedication & consistency (HDC) are key elements to achieving your fitness goals"*

# Unlimited access to the

Does not include REWARD YOURSELF loyalty points

## BRONZE MEMBERSHIP

### NEW THIS MONTH!

Monthly trending exercise vids, Diet Plans/programs & much more!



### DIET PLANS

Access a wide and varied range of diet plans to suit you.



### NUTRITION VIDEOS

Videos made by us that cover health & nutrition.



### EXERCISE PROGRAMS

Exercises for transforming your body.



### EXERCISE TECHNIQUES

Correct techniques to maximise results.



### EXERCISE VIDEOS

Single exercises for all levels.



### WORKOUT VIDEOS

Guiding you through your workouts at all levels.



### RECIPES

Nutritious recipes keeping you on track for healthy eating.



### HEALING FOODS

A-Z of foods to include into your diet for a healthy new you.



### NATURAL REMEDIES

Natural foods to remedy less serious health issues.



### TIPS & FACTS

Information to make the right choices for your wellbeing.



### HEALTH LIBRARY

Access to a wealth of health information for better living.



You can take advantage of all the 12 Bronze benefits found on the members only page

# 20% Discount on our Nutritional Therapy



## **WOMEN'S HEALTH OVER 50**

- We look at the quality of the foods from your diet that may be giving rise to adverse effects in your body
- Nutritional recommendations are made to rebalance your body
- Our programs are specifically designed for women over 50



## **MEN'S HEALTH OVER 40**

- We will tailor a nutrition and training plan to help successfully change your body composition
- Your programme is specifically designed to help you lose body fat more efficiently and to build lean muscle effectively
- Our programs are specifically designed for men approaching 40 and over



## **NUTRITION FOR WEIGHT (FAT) LOSS**

- Our scientifically designed program helps you develop long lasting lifestyle habits to maintain correct weight
- We will change your outlook on weight loss and equip you with the tools you need to make the right choices
- We will help you develop a mental attitude towards eating and exercising so that healthy choices become a way of life



## **NUTRITION FOR DETOX**

- Our detox programmes are designed to cleanse and refresh your organs that detoxify your body
- We will fully equip you beyond the detox days for you to maintain your health
- We will also reset your diet especially if you have had a period of overindulging

# Terms & Conditions

## SILVER & GOLD MEMBERSHIP TERMS AND CONDITIONS

On becoming a member of The Green Ward, you are automatically agreeing to these terms and conditions and you are providing us with the appropriate consent to handle your personal information in accordance with the General Data Protection Regulation (GDPR), formally known as Data Protection Act.

Membership packages may vary according to the grade of membership held. We reserve the right to change the benefits that apply to The Green Ward membership at any time and without prior notice. If you are accepted into membership, but it subsequently turns out that any or all of the information provided by you was misleading or false, we reserve the right to revoke the membership with immediate effect, without the right of appeal.

The Green Ward is the Data Controller and Data Processor of any personal data you supply. The personal data you supply will be used to process your membership subscription. As a member of The Green Ward your data will be used for statistical and analytical purposes and to administer your membership. You will receive membership communications and from time to time we will let you know about promotions. If you provide us with your e-mail address, fax or SMS number, then we may send information which may be of interest. We do not pass data to any third party.

For further detailed information please read our Privacy Policy which you can view at [www.thegreenward.com](http://www.thegreenward.com).

## PAYMENT TERMS: 3, 6 & 12 MONTH CONTRACTS

### Principle Terms:

- The agreement starts as soon as payment is made
- Membership starts on the membership start date
- Membership is for the period of either 3, 6 or 12 months from the membership start date depending on contract purchased
- Freezing membership may only be considered as per the Freezing Policy below
- Members are entitled to all rights and privileges for the type of membership chosen
- This agreement is non-transferable

### Fees and Charges:

The contract fee relates exclusively to the use of The Green Ward Silver & Gold Memberships. All payments are due in advance as follows:

- **3 month** membership contract: Payment in full before commencement of membership
- **6 month** membership contract: Payment in full before commencement of membership
- **12 month** membership contract: Payment in full before commencement of membership
- All membership contract payments shall be paid through PayPal, debit card, BACS or unless agreed otherwise by The Green Ward
- All membership contract payments are non-refundable and cannot be cancelled

### Freezing Policy:

No membership freeze will be implemented until the appropriate evidence is provided by the member and received in writing or via email by The Green Ward.

- Temporary illness or injury: This agreement may be frozen in the event of a temporary illness, injury or medical condition which, in the written opinion of a doctor or other suitably qualified medical practitioner, prohibits exercise for a period of time. This should be submitted inside 30 days of the situation arising.
- No membership freeze is permitted with the **3 month** contract
- A membership freeze for one month is permitted with the **6 month** contract
- A membership freeze for up to two months is permitted with the **12 month** contract
- A membership freeze period does not affect the length of membership purchased and the freeze period will be added on to the end of the original contract
- Extension of freeze period: 30 days before the end of the initial freeze period, further evidence must be provided by the member to The Green Ward together with a request to extend the freeze period

These terms and conditions are governed by English law. You hereby irrevocably submit to the exclusive jurisdiction of the English courts notwithstanding the jurisdiction where you are based. If any court or competent authority decides that any of the provisions of these Terms are invalid, unlawful or unenforceable to any extent, the term will, to that extent only, be severed from the remaining terms, which will continue to be valid to the fullest extent permitted by law.

A person who is not party to these Terms shall not have any rights under or in connection with them under the Contracts (Rights of Third Parties) Act 1999.

These terms and conditions override any contrary terms or conditions published by us in relation to any membership subscription between you and us.

**The Team** are here to help!

**www.thegreenward.com**  
Email: [contact@thegreenward.com](mailto:contact@thegreenward.com)

**ANTHONY WARD**

Advanced Personal Trainer,  
Fitness Competitor & Nutritionist



**MARINA GREEN**

Nutritionist (ANutr) & Health Coach  
1st Class Honours BSc In Nutrition with  
Sport Science

**THE GREEN WARD**   
HEALTH & WELLBEING