Rocket Fuelled Health Kick

JTEthos

Master Personal Trainers

“Health & fitness has gotten way too complicated. In 6 weeks we’ll help you get the basics right and achieve the results you deserve”

Balancing your 4 doctors in the key

Get the basics right and everything else follows - quickly & powerfully

About Our Health Kick

Real health, sustainable energy and fitness may seem an impossible dream to many. But that is because they are putting all their efforts into too few areas - and usually the wrong ones. Hippocrates knew hundreds of years ago that balance was the key to human health and its no different today. Our Rocket Fuelled Health Kick is designed to give a short, sharp & **sustainable uplift to your health and wellbeing** - to help you create your own balance.

Not only that but it will also strengthen your immune system, trim off some weight, get you back to moving, feeling great and help you rejuvenate after what has been one hell of a year for all of us.

Our health kick focusses on **repairing and rejuvenating your microbiome** – the flora and fauna that make up your digestive system and provide about 60% of your body’s total immune system.

We are using our **specialised 4 Doctors Holistic Health Model** and combining it with some world class supplementation to deliver a compact but powerful transformation to your body, mind and immune system.

What's Involved

Our Rocket fuelled Health Kick is run fully online and involved the following:

- 1 x 2-hour initial webinar,
- Weekly 45-minute webinars,
- 1 x personal coaching session,
- 1 x 2-hour webinar in week 3,
- 1 x 2 hour round up webinar,
- Full 6 week world class supplement programme

The programme is delivered by a team of experienced specialists, therapists and coaches from a range of disciplines who each have decades worth of experience.

Key Elements

With no stated destination, any road is a good road, but no road will take you where you want to go

Dr Diet. Your Diet forms the cornerstone of every cell in your body. You literally ARE what you eat. Our health & vitality is constantly under attack from the majority of the foods that we eat on a day to day basis – sugar, refined flour, processed foods, alcohol, caffeine to name but a few.

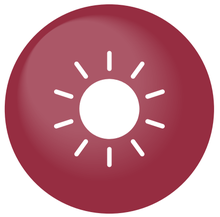
- Carefully guided detox programme
- Hydration strategies
- Personalised nutrition that works for you
- Supplementation to speed up gut overhaul
- Strategies to make the changes last and fit into your normal life

Dr Movement. Movement is life, it is vital that you move your body each and every day but also that you do something that you enjoy. Remember that your body is between 60 &75% water and water that doesn't flow stagnates & smells. Note that it is Dr Movement not Dr Exercise.

- Understand which type of exercise is best
- Plan how much, how often and where

Dr Quiet. Rest and relaxation are essential to any health kick. That is not just resting the body, but the mind too. An overworked mind can totally destroy any progress that the body is trying to make.

- Is sleep important
- How much sleep do I need
- How else can I rest up
- What if I can't shut down my mind?



Dr Happiness. The Boss! It doesn't matter what any of the others are trying to do if Dr Happiness isn't at the party the body is going nowhere fast. Open your eyes to things that really matter to you.

- Understand your motivations
- Why do you care? Should you care?
- How good could life actually be if……..
- What do you really want?
- Perhaps that job isn't so bad after all?

Who Is It For?

Our Health Kick can benefit just about anyone, particularly during winter, however there are 4 specific groups who should be seriously looking at their health holistically :

1. **Busy working professionals** in high pressure, high stress roles who are working in offices and regularly coming into contact with others, particularly if they are not able to work at home and have been working through the pandemic.

2. **People who just want to do something that works**! People who haven't got time try a few things, they just want to get healthy!

3. People who **like to exercise** and think they are healthy but **need some inspiration**.

4. Those people who **need a real kick start** in their journey to better health.

This is a health kick, not a health nudge. At JT Ethos we deliver results, but you have to earn the results. Participants will have an awful lot of support and guidance and anyone – with the right attitude – can do it.

Next Programme

Starting Wednesday 8th January 2025 at 7pm

Investment

This year we are providing options. We know that the best results come from doing things properly, but not everyone will want to go the whole hog. So you can pick and choose the option that suits you best:

Workshops only - £199
Personal Coaching session +£100
Supplement Package +£150

The 'Let's Do It All' Package (Workshops, Personal Coaching Session & Supplement Package) - £399

To register your interest click HERE or visit jtethos.com/rocket-fuelled-health-kick

Health Kick Outline

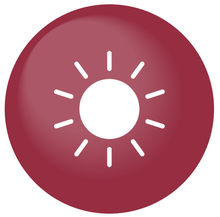
Week 1 - Introduction & Dr Diet - Phase 1. We kick things off with an outline of how we see health, vitality and immunity and how by blending the approach you can achieve pretty much anything from weight loss, to better sleep and immunity to improved fitness.

Week 2 - Dr Movement. We kick things off with an outline of how we see health, vitality and immunity and how by blending the approach you can achieve pretty much anything from weight loss, to better sleep and immunity to improved fitness.

Week 3 - Dr Quiet & Dr Diet - Phase 2. Movement is life, it is vital that you move your body each and every day but also that you do something that you enjoy. Remember that your body is between 60 &75% water and water that does not move stagnates and smells - do you want to stagnate & smell?

Week 4 - Dr Happiness. The Boss! What is it all about and exactly WHY are you doing this? Gain some clarity on your Core Values, what you really want from life (from the big things to the very littlest), and understand how they can help you to move towards your goals.

Week 5 - Dr Diet - Phase 3. The reality is that there is no single diet that suits everyone. In the final progression of your Dr Diet work we will tailor your diet goals to your own individual needs. We will show you how to work with your diet plan to continue your path to better weight, more energy, better sleep and rocket-fuelled immunity.



Week 6 - Combining the 4 Doctors in the Real World. In our final session we bring all of the points learnt across all 6 weeks into one coherent plan and align these things with your overarching purpose. We bring some focus to the challenges presented by ‘normal’ life and equip you to navigate daily life whilst still keeping focus on your health and vitality goals

Chief Health Kicker

Jim Thorp is the Founder and chief brain box at JT Ethos. He is a former professional rugby player who, like many, was forced to retire when his body gave up on him. 4 shoulder reconstructions, 1 neck surgery, countless back injuries, numerous shoulder dislocations, a few broken bones and a barrel shaped body that topped out at over 19 stone was what he was left with after forced retirement in 2005.

Plus a boatload of awesome memories and the knowledge that he'd do it all over again in a heartbeat if he had the chance.

Since then Jim has spent his time becoming a master at re-establishing health, repairing injuries and helping clients get the body they want and a body that will let them live the life they want to live.

He has become known as the go-to man for people who think they have tried everything and though he is based in Sutton Coldfield in Birmingham he has clients travelling from as far away as Manchester, Derby & Guilford.

“I wanted to take back control of my health after the latest lockdown, I’ve enjoyed the catch up with other members, have learnt about yoga amongst other exercise options”
Rachel, 40

“I feel so much better, I cannot recommend this highly enough”
John, 56

“I was a bit apprehensive at the start but both myself and my husband have thoroughly enjoyed the health kick. We have each lost over 1 ½ stone and feel fitter and are both sleeping better”
Laura, 46

“The health kick has been eye-opening and really helped me understand how to manage my under-lying health condition (ME). It has benefited both me and my partner.”
Stu, 34

“The results have been amazing. I’ve lost 12 kg so far and feel fantastic. I can’t recommend it enough”
Chris, 47