

Press Release



The **Wellbeing Manager** is an exciting evolution in the health & fitness industry which really works.

A brand new bespoke health and wellbeing service.

Modern living is wearing everyone down, but until now people have been stuck with a pick n' mix approach to sorting out their health and fitness, which rarely delivers.

Now there is a chance for an integrated bespoke service – thanks to the Wellbeing Manager. The team of health experts and fitness professionals work together to create a service that's right for every individual, giving them exactly what they need.

This consultancy service is pioneered by Paul Stephen Lubicz, Health & Fitness columnist to **The Sunday Times** and consultant to **Sony/Nike PS2 EyeToy Kinetic** revolutionary personal fitness software.

How does the Wellbeing Manager work?

We meet the client at their home or work place and assess their lifestyle through a comprehensive consultation and series of tests, if required. We then deliver a bespoke Wellbeing Programme which is integrated into the client's lifestyle – optimizing exercise routines, eating, relaxation, work and leisure time.

How do Wellbeing Programmes work?

The programmes fuse Western technologies and Eastern wisdom, harnessing the latest techniques in **Personal Training, Massage, Physiotherapy, Acupuncture, Life Coaching, and Nutrition** to effect lifestyle changes. Each programme is put together by a team of carefully selected health and fitness specialists across the country, ranging from Craniosacral and Ayurveda practitioners to Capoeira and Ballet teachers.

The programmes allow individuals to regain balance in their lives, helping them to achieve their individual goals – such as weight loss, increased energy, toning, reduced stress, improved posture and sleep, relaxation, increased fertility, pre and post natal fitness, injury treatment and prevention.

WM Film Fit Programme

The Film Fit Programme is based on a complete approach to losing weight and toning up. Based on years of experience getting actors into shape for major film roles over short periods of time, Paul has created an exercise, nutrition and lifestyle regime that generates astounding body changing results and enhanced wellbeing.

WM Detox/Pretox Programme

This is recommended to cleanse the body preparing it for periods of intense stress, such as the traditional Christmas-New Year blow out. This is achieved through an easy-to-follow programme combining re-energising exercises at home or in the work place, a naturopathic nutritional eating plan and herbal detoxing supplements.

WM Natural Fertility Programme

Acupuncture, natural Chinese medicine and Chi Gong have been used for the treatment of infertility for over five thousand years. Such treatments are used to regulate the menstrual cycle, invigorate the sperm and enhance the wellbeing of the entire body to optimize the chance for natural conception.

Wellbeing Manager Services Include

- Nutrition & Bespoke Home Delivery Meals (London only)
- Dance & Ballet
- Naturopathy & Spiritual Healing
- Yoga & Ayurveda
- Chi Gong & Capoeira
- Indoor Rock Climbing & Boxing
- Massage Therapy & Craniosacral Therapy
- Acupuncture & Chinese medicine

Who is Paul Stephen Lubicz?

Paul is a London-based fitness expert with 10 years experience and hails from Western Australia. As a published author and Health & Fitness columnist to the **The Sunday Times**, Paul is an authority on physical wellbeing and regularly features in **Men's Fitness**, **Arena**, **The Independent on Sunday**, **Top Santé**, **Attitude** and on **SKY television**.

Thanks to his personable and inspiring approach to wellbeing, Paul is retained by Hollywood production companies to train leading actors for major films including **Domino**, **Pride & Prejudice**, **Pirates of the Caribbean**, **Closer** and **Troy**. He is also a consultant for **Sony/Nike PS2** and Wellbeing Manager for members of international royalty.

5 good reasons to book the Wellbeing Manager

1. **WM** is used by A-list celebrities and offers a friendly, discreet and confidential service
2. **WM** offers a bespoke and proven health and wellbeing management service
3. **WM** practitioners, therapists and trainers are among the best in their fields
4. **WM** practitioners, therapists & trainers work as a cohesive team managed by Paul
5. **WM** team is fully mobile and will visit your office, home or gym

5 Wellbeing Programs that really work

1. **WM Film Fit Programme** – transform the way you look, lose weight & tone up
2. **WM Pre & Post-Natal Programme** – optimal health pre and get back in shape post
3. **WM Stress & Insomnia Programme** – eradicate stress and improve sleep quality
4. **WM Pretox & Detox Programme** – total cleanse and detoxification
5. **WM Fertility Programme** – optimise the body's fertility naturally

Consultations

Up to 2 hours consultation with the Wellbeing Manager

£150 +VAT

Individual practitioner, therapy and training sessions

£50-£120 +VAT

Wellbeing Manager Programmes

From £500-£1,200 +VAT

For Further Information

Go to www.thewellbeingmanager.com

Body Conditioning for Men by Paul Stephen Lubicz is available from www.amazon.co.uk - RRP £12.

Press Information

Please contact claire@ldrlondon.com or louis@ldrlondon.com.
Telephone **020 7689 5916**.