

Quantum Health

Personalised Wellness



Tyrone Nieuwoudt

Personal Trainer

Nutritionist

082 766 6467

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When you take care of your body first the rest of your life has an uncanny way of falling into place.

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Why is good health wealth?

Your health is your greatest wealth and asset.

Your healthy body gives you the strength and energy that help you to achieve better results in every aspect of your life.

Being able to sleep at night, walk without pain, eat and enjoy food is the main meaning of happiness

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Why invest in your wellness?

When we invest in our own wellness, we reap a host of benefits.

We feel better mentally and physically, we're more productive in life and we have more energy to enjoy our leisure time.

We also sleep better, have stronger immune systems, and are less likely to get sick. Self care is important for so many reasons

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Don't train to lose weight

Don't train for a Sixpack

Don't train for a big booty

Don't train for a pumped chest

Don't train for social media

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Train to play with your kids when you're older

Train to pick up your groceries comfortably

Train to walk up the stairs by yourself

Train for good posture

Train to prevent injuries

Train to manage your anxiety

Train to walk without a cane when you're older

Train to sit and stand up without anyone's help

Train to be independent for as long as possible

Train for the bigger picture, the real goal and if you do aesthetics will follow

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Book one of the below complimentary try out sessions at the Club House Gym

1) Wellness assessment

2) Percussion Massage

3) Training & Nutrition

4) Wellness classes

5) Water Aerobics (when it's warm)

6) All things Health and Wellness

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I will personally be at the Club House Gym every Monday, Wednesday and Friday.

8 30am to 9 30am to offer a complimentary session and to discuss all things Health & Wellness.

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