



## Improve your life quality

If you want to become lean, fit, and toned, functional workouts are the way to go.

### What is functional movement training?

Functional movement training involves training the body for activities you perform in your day-to-day life. It doesn't just strengthen one muscle group at a time. Instead, this kind of training works several muscle groups at once. As a result, you build strength holistically, training your body to function as a single unit. Because you're using several muscle groups at once, coordination, balance and neuromuscular control are all improved simultaneously.



Basically, functional movement training is all about training movements, and not just muscles. It mirrors how humans were meant to move, and helps to make us move even better.

Are you looking to make your life easier with better movements, please chat to one of our trainers. We are here to help you.

[Speak to us >](#)





## We are committed to you

Great news! As part of our commitment to improve our service we have signed a new partnership with Santam Reality. **Sanlam Reality** in partnership with Fitkey, provides discounted access to independent gyms and studios using a model that other rewards programmes have only made available to members of the large fitness chains.

For more information, Sanlam Reality members can contact their Sanlam Financial Advisors or [speak to consultant](#) at Bodylife.



[Learn more >](#)

## Happy New Me

### Let's get motivated

Right now is the perfect time to set and smash your goals. Visible progress is a powerful motivator. Make sure you have some achievable goals in mind.



Getting motivated is a team effort, starting with your goals. Our incredibly experienced team of personal trainers can contribute to your motivation levels and help you drive the process. We will create a program for you that is interesting, dynamic and adaptable.



Come chat to us and let us help you find a sustainable way to get and stay motivated.

**We want to invest in you.**

[Contact us >](#)

**Dangers of the modern office**



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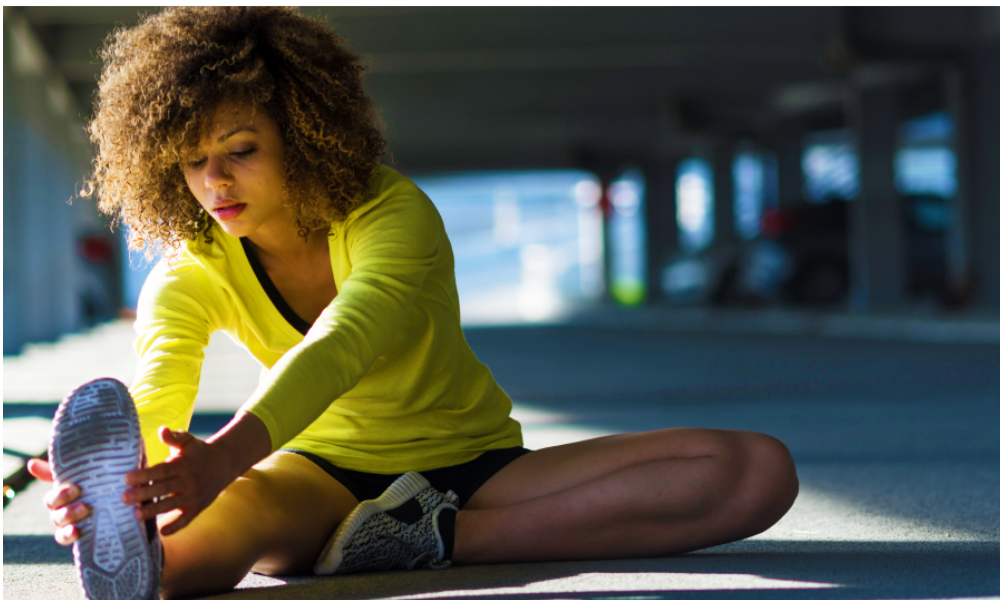
## Is Betty from accounting giving you grey hairs?

Feeling stressed out or anxious in an office environment is very common in today's society.



Exercising on a regular basis can decrease stress and anxiety, and make you feel happier, healthier and help you do a better job.

When you exercise, your body releases chemicals called endorphins. When endorphins are released, you feel more positive and stress-relieved. Looking after your mental health is just as important as your physical health and should not be neglected.

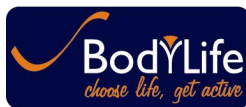


**Stay healthy and fit**

Call us today and find out more.

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Call us now >



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