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## *The Future of Fitness*

# BLUEPRINT FITNESS

by Ace Lawson

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should, weight should drop off, and a high level of fitness can be achieved in just eight weeks.'

After this overview, it was my time to get physical. Beginning with an analysis of my posture, specific areas of my body carrying the greatest amount of stress were pinpointed and Marek explained how and why specific exercises would target these muscles. 'This might be a bit uncomfortable,' he reassured me just before stretching my leg muscles to previously unsustainable lengths of discomfort.

It is very important to trust someone who has the potential to inflict this sort of physical pain, and through his specialist knowledge, passion for his profession and a wholehearted belief in the PRT programme, Marek gained my confidence straight away. He possesses the infectious enthusiasm necessary to encourage a commitment to fitness, and his regime, backed firmly by positive results, is capable of producing visible physical improvement within just weeks.

**P**ersonal Training is dead. We as a society have tried it and it doesn't work', claims Marek Doyle, the UK's only nutritionalist-allergist-personal trainer, as we enter the fitness centre of the Crowne Plaza Hotel.

'I'm not just a motivator who counts reps and supplies the banter,' Marek confirms. 'I am a fitness specialist and founder of PRT, a protocol formulated to provide bespoke nutritional fitness plans to recondition the body to its natural state. The primary focus is on liver function, adrenal glands, intestinal tract and immune system. This is the cornerstone of the PRT approach. With these four vital elements of the body functioning as they

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*Blueprint Fitness - see [www.blueprintfitness.co.uk](http://www.blueprintfitness.co.uk) or call 07833 715010. One 60 minute session costs £60 (discounts available for block bookings)*

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