

Do you know anyone with any of these conditions or afflictions?

Fitness Driven provides a nurturing, welcoming atmosphere to help people with special needs (including people with Diabetes) and their carers using personally crafted programs to educate and inspire a positive self-esteem that ensures permanent weight loss and a pain – free functional level of health and fitness that frees you from a lifetime of stress and worry.

- Autism
- Asperger's Syndrome
- Diabetes Type I
- Diabetes Type II
- Chronic Regional Pain Syndrome
- Anorexia Nervosa
- Bulimia
- Body Dismorphic Disorder
- Obesity
- Morbid Obesity
- Super Obesity
- Post natal fitness challenges
- Ante natal fitness challenges
- Depression
- Children fitness and nutrition challenges
- Postural disorders including:
 - Anterior & Posterior Pelvic Tilt,
 - Chronic Back Pain
 - Nerve Impingement
- Peripheral Neuropathy
- Nutrition challenges due to Autism Spectrum Disorders, Diabetes, irritable Bowel & Gut Disorders
- PDD NOS (Pervasive Development Disorder Not Otherwise Specified)
- Global Delay
- Carer physical needs and nutrition - Specific Needs for postural maintenance, nutrition for sustained energy levels, hormonal control (stress hormones like Cortisol)



We have substantial knowledge, expertise and experience to assist you with these conditions. We have access to information, research, data and techniques that work you won't find anywhere else.

Did you know?

The gut of an autistic person can't hold good bacteria.

The incidence of eating disorders in Asberger Males is 90%.

Currently medical professionals suggest to break and re-set bones for toe-walking Autistics when simple Podiatric care, Orthotics and nutrition can do the same job without the pain and suffering.

Get informed now - contact us and we'll set you straight with up-to-date vitally important information - information that can make a big difference to someone who might feel overwhelmed, helpless and just plain tired of hearing "it can't be" when we know first-hand it can be.



Magic Barclay—BEFORE and AFTER



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This checklist was created courtesy of Exponential Programs for Fitness Driven to (1) assist them in getting their message to a wider audience and (2) show you as a professional, how you can self-promote your products, services and expertise in a meaningful and yes, exponential manner!