

A woman with dark hair tied back is in a gym, lifting a barbell with large weights. She is wearing a dark blue long-sleeved shirt. The background is slightly blurred, showing gym equipment and a bright window.

Active iQ

LEVELUP

TRAINING & DEVELOPMENT

Level up is a fitness business consultancy group, looking to help fitness businesses provide a better service to their clients, while operating at their most effective and efficient level.

To help support businesses we offer a range of performance analysis services to help identify current strengths and weaknesses within a business, and then productive steps to help turn those weaknesses into strengths. Additionally, with a range of courses, workshops, resources and networking, these changes can be implemented immediately, meaning businesses don't have to wait to gain the benefits of this analysis, ensuring their business is working at their highest capacity, as soon as practically possible.

With over 40 years' experience in the fitness industry, our passion is to help develop the fitness industry in a way that benefits others. Giving more people the opportunity to participate, learn and develop. Levelling up businesses and improving their level of provision can help develop the fitness industry, providing a fit and healthy lifestyle to all.



Consultancy

Tailored analysis of business efficiency. Collating information on customer and staff experience and operational procedures which will allow a solution focussed approach to be taken to help the business make informed and impartial decisions to improve provision.

This includes but not limited to:

Health and Safety

Staff development

Industry trends



Review / CPD

Check in's as much or as little as businesses require with the opportunity of tailored continual professional development to ensure staff are always up to date with current guidelines and knowledge.

Education / Training

Regulated and tailored training which can be implemented to bridge some of the gaps found during the consultancy phase. These can be internal training designed to suit business needs or industry recognised qualifications. Mental health and wellbeing training can also be developed.

Courses can include:

Level 2 Gym Instructor

Level 3 Personal Training

First Aid and lifesaving

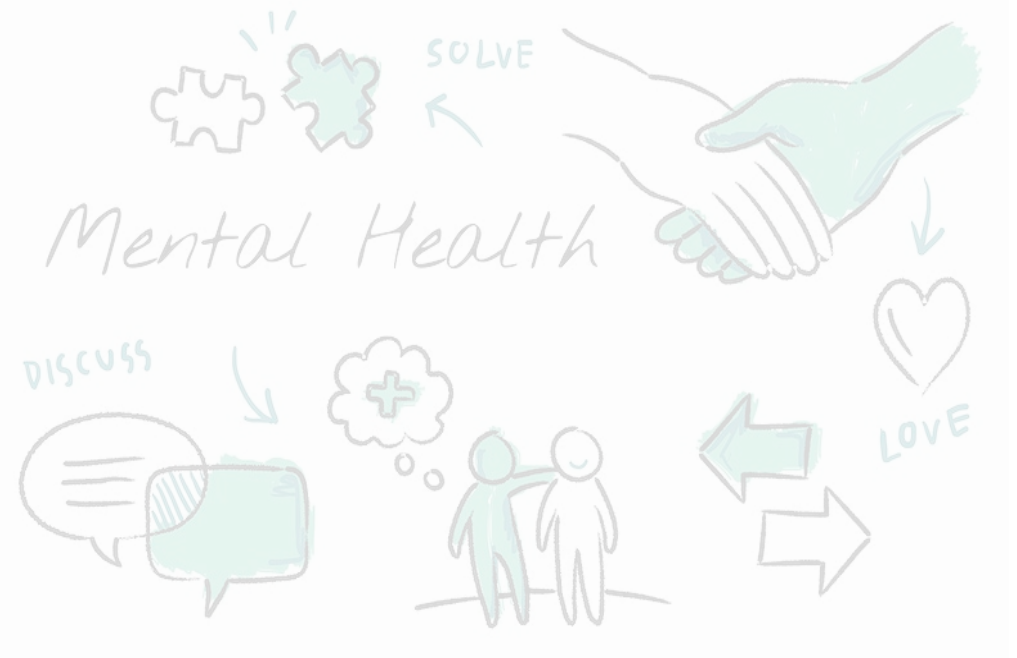


There's a growing mental health crisis in the UK, with one in four adults experiencing mental illness each year.

Though talking about mental health has become much more common, there can still be a real stigma when it comes to the workplace.

As a result, many employees don't speak up until they're really struggling to cope. What measures do you have in place to recognise the warning signs and respond in a crisis?

We offer mental health training which can allow you to spot the signs that someone may need support with their mental health and give you the confidence to talk more freely promoting early intervention, removing stigma, and creating a more positive culture.



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Industry Recognised Qualifications

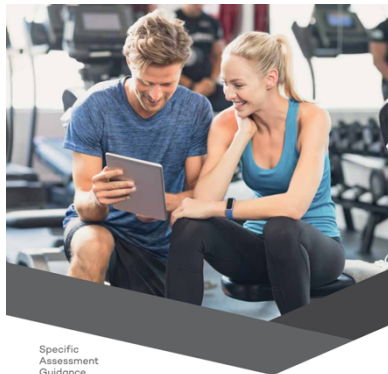


Specific
Assessment
Guidance

**Level 1 Award in
Fitness and Physical
Activity**

Qualification
Accreditation Number
601/4120/7

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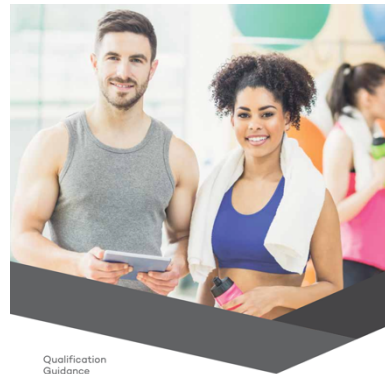


Specific
Assessment
Guidance

**Active IQ Level 2
Certificate in Gym
Instructing**

Qualification
Accreditation Number
603/2692/X

Active iQ



Qualification
Guidance

**Level 3 Diploma in
Personal Training**

Qualification
Accreditation Number
603/0895/3

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Specific
Assessment
Guidance

**Level 3 Award in Conditioning
for Exercise and Sports
Performance**

Qualification
Accreditation Number
601/8835/2

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Specific
Assessment
Guidance

**Level 3 Award in
Education and
Training**

Qualification
Accreditation Number
601/0143/X

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The Health and Safety (First Aid)

Regulations 1981 require employers to provide adequate and appropriate equipment, facilities, and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work.



As well as regulated courses, we can work with you to tailor a bespoke first aid based on the needs of the business and environment. This can include:

Paediatric

De-fib training

General First Aid



Cardiovascular training
Heart Rate Monitoring



Group Training



Customer service



Free weights
Kettlebell



Olympic Lifting
Functional Fitness
Programming and
Periodisation



Goal Setting



Anatomy and
Physiology for your
client



Mental Health



Health and Safety
First Aid

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All our services are focused on the needs of your business, and we will work with you to identify a plan of action.

Whether you only require some in house CPD for your team or would like our full consultancy service, we will be able to support and put together any package that works for you.

Scan the QR code to visit our website!



info@leveluptraininganddevelopment.com

