



LEVEL UP

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.



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Consultancy

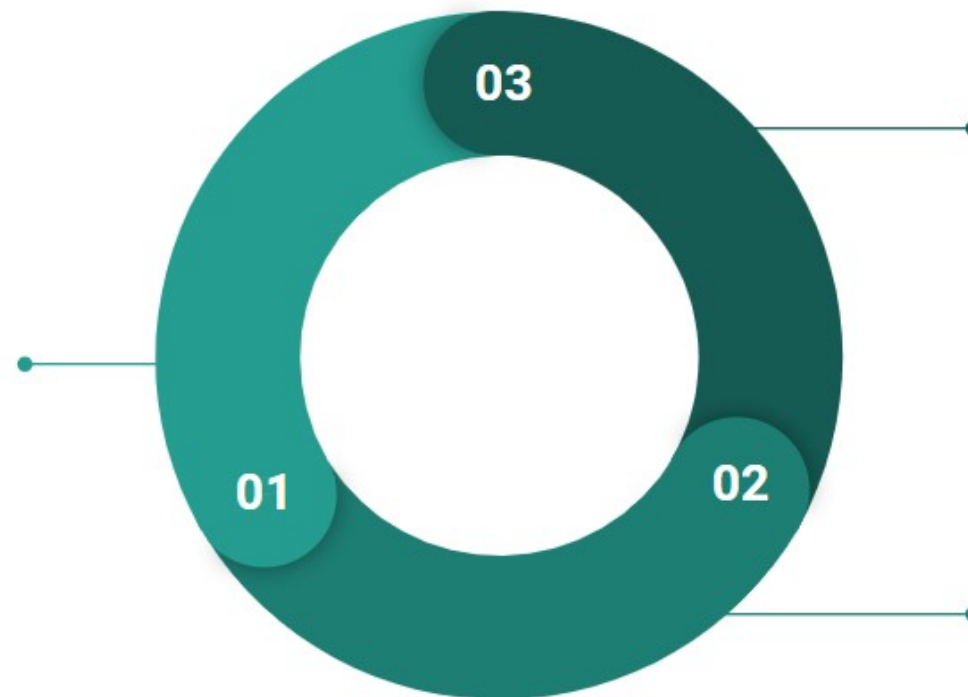
Tailored analysis of business efficiency. Collating information on customer and staff experience and operational procedures which will allow a solution focussed approach to be taken to help the business make informed and impartial decisions to improve provision.

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

Industry Recognised Fitness Qualifications



Specific
Assessment
Guidance

Level 1 Award in Fitness and Physical Activity

Qualification
Accreditation Number:
601/4120/7
Version: AQ000509

Active iQ



Specific
Assessment
Guidance

Active IQ Level 2 Certificate in Gym Instructing

Qualification
Accreditation Number:
603/2692/X
Version: AQ000575

Active iQ



Qualification
Guidance

Level 3 Diploma in Personal Training

Qualification
Accreditation Number:
603/0895/3
Version: AQ000538

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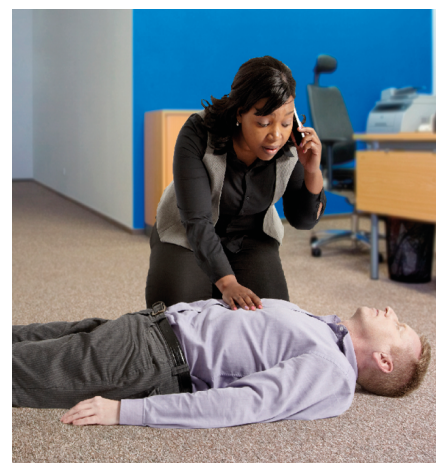
Every UK employer is legally required to provide first aid support at work — but Level Up takes it further.

We offer accredited courses and custom-built training tailored to your team, your environment, and your risks.

From general first aid to paediatric and defibrillator training, we make sure your staff are confident, compliant, and ready.



**Qualsafe Level 3
Award in First Aid
at Work (RQF)**



**Qualsafe Level 3
Award in
Emergency First
Aid at Work (RQF)**



**Qualsafe Level 3
Award in Paediatric
First Aid (RQF)**





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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The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

WRAP® has 5 key principles:

Hope: people who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.

Personal responsibility: it's up to you, with the assistance of others, to act and do what needs to be done to keep yourself well.

Education: learning all you can about what you are experiencing so you can make good decisions about all aspects of your life.

Self-advocacy: effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.

Support: while working toward your wellness is up to you, receiving support from others, and giving support to others, will help you feel better and enhance the quality of your life.

How does WRAP® work?

Discover your own simple, safe Wellness Tools

Develop a list of things to do every day to stay as well as possible

Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times

Guide you through the process of developing a Crisis Plan or Advance Directive

Introduce you to Post Crisis Planning



Benefits of WRAP® include:

Reduction in severity and number of symptoms of mental illness

Increased feelings of hopefulness

Increased personal confidence

Greater willingness to ask for help

Better goal orientation

More able to rely on others for help

Improved self-advocacy



Active iQ



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

