

# BENEFIT BODY AND MIND

DANNY WOOD



A holistic approach that nurtures both body and mind—in West Cornwall and remotely.

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## If You're Facing This... I've Got You.

1. Struggle with anxiety or depression.
2. Feel stuck, isolated, or unmotivated.
3. Want to regain control, feel stronger, or improve overall wellbeing.
4. Are looking to lose weight and rebuild a positive mindset.



“Danny helped me reconnect with myself. I lost weight, built fitness, started waking up earlier—and eventually landed my first job in over a decade. Now, I work five days a week. I drink far less. My blood pressure has come down. I’m not just surviving—I’m rebuilding. Am I glad I worked with Danny? 100%. Does it work? I’m living proof.”

# Want Results? Here's How We Make It Happen.

## Walk & Talk Sessions

Gentle movement in nature can help shift perspective. By changing our environment we create space to think differently and talk openly—away from distractions and in your own time.

## Gym-Based Training

We'll create a simple, structured plan that focuses on building physical strength and confidence while giving space to explore what's going on mentally and emotionally too.

## Swimming or Activity-Based Support

Water-based movement is low-impact but highly effective. It helps the whole body stay engaged, and often leaves you feeling lighter—physically and mentally. These sessions are great if you're looking for something gentle but powerful.



## 1:1 Conversations with Movement

Sometimes we just need someone to listen. These sessions give us the chance to talk things through while moving at your pace—walking, stretching, or simply being outdoors—whatever feels right for you.

## Nutritional Guidance

We'll explore your current habits without judgment—looking at what you eat, why, and when. Then, we'll gently introduce a few changes that feel achievable and support your overall wellbeing.

**All of this is designed to support you in strengthening both your *body* and your *mind*—at a pace that feels right for you.**



# No Confusion. No Pressure. Just Clear Steps Forward.

We begin with a **FREE 30-MINUTE CONSULTATION** a relaxed chat in a location where you feel comfortable. There's no pressure and no judgment. This is about starting where you are.



## Then, together, we:

1. Understand your current situation.
2. Define short- and long-term goals.
3. Build a personalised, step-by-step plan.
4. Decide how often we meet and what works best for you.
5. Reflect regularly, celebrate progress, and adapt as needed.

## Why Me?

I use exercise as a tool to enhance mental health. Whether you're struggling with depression, anxiety, or just feeling like you've lost your sense of self, I believe I can help you reconnect with who you truly are. Through movement, conversation, and consistent support, we can work together to rediscover YOU.



## Fit Mind, Strong Life

*“Exercise is not just about building a better body — it's about building a better mind.”*

After a major life change ended my 30-year career in finance, I found myself at a crossroads. No clear direction—just a need to keep moving forward. That turning point taught me just how powerful a mindset shift can be.

I'd spent years as a semi-professional sportsman and had long-standing roots in fitness. So, I made a decision to blend my experience in leadership and sport with my passion for personal growth. That's how Benefit Body and Mind was born—a space for people to grow emotionally, mentally, and physically, all at once.

My approach is holistic and human. We look at your goals and challenges together and work to create meaningful, lasting change. The process is personal, and the focus is always on your development—psychological, physical, and emotional.

## **What Drives Me?**

I've developed a deep passion for supporting people who feel stuck, overwhelmed, or uncertain about their next steps. I've been there myself, and I know how important it is to have someone in your corner.

What I've learned is that by focusing on what we can control—and letting go of what we can't—we begin to build real momentum.

We don't need to have all the answers. We just need a plan, belief, and support.

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# Qualifications & Experience

## Qualifications

- Level 3 Personal Trainer
- Level 3 GP Exercise Referral
- Level 4 Exercise for Mental Health

## Experience

- 3 years working with charities across Cornwall
    - 2 years supporting NHS patient referrals
  - Over 350 individuals supported across programs
    - PSHE program delivery into schools
    - Partnered with Healthy Cornwall initiatives
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# Testimonials

*"I must admit I was very hesitant when my doctor prescribed me social exercise. I arrived at her surgery frightened. I felt out of breath, dizzy, and scared about my health. I was embarrassed that eighty-year-olds could do more than me. I had to plan how to walk through a room—I couldn't get through small spaces."*

*"Danny didn't tell me what to do. He listened—really listened. No one had done that before. I was the only one being negative, and he never joined me in that. From our first walk, he helped me shift my mindset. Mantras like 'if it doesn't challenge you, it can't change you' and 'there's a CAN in can't' stuck with me."*

*"Each walk helped me gain ownership of my journey. We talked, reflected, and pushed gently. When I fell in the street back in July, I felt broken. Now, I walk for over an hour and look forward to it. My walking steadiness has improved. I've even started eating better and tracking my progress daily."*

*"Danny, thank you. For your encouragement, wisdom, and your unwavering belief in me. I'm now steering my own ship. This is a never-ending journey—and thanks to you, I know I can keep going."*

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## Get In Touch

Take a leap of faith—book your **FREE 30-MINUTE CONSULTATION** today.

Let's start building your future, one step at a time.

Let's start moving forward, together.



“Am I glad I worked with Danny? **100%**. Does it work? I'm living proof.”



[www.benefitbodyandmind.co.uk/danny](http://www.benefitbodyandmind.co.uk/danny)



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## Power Through Movement

*“Physical activity is one of the most effective ways to support your mental health. It helps clear your mind, lift your mood, and build resilience from the inside out.”*

“Each walk helped me gain ownership of my journey. We talked, reflected, and pushed gently. When I fell in the street back in July, I felt broken. Now, I walk for over an hour and look forward to it. My walking steadiness has improved. I’ve even started eating better and tracking my progress daily.”

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