

THE PRIMAL OPERATOR

TOTAL RECALIBRATION • BODY, MIND & PERFORMANCE



MODERN
SCIENCE

X

ANCESTRAL
WISDOM

ANCESTRAL WISDOM × MODERN SCIENCE

The modern world demands relentless output - long hours, high stress, constant decision-making, and almost no meaningful movement.

But biologically, your body was built for something very different.

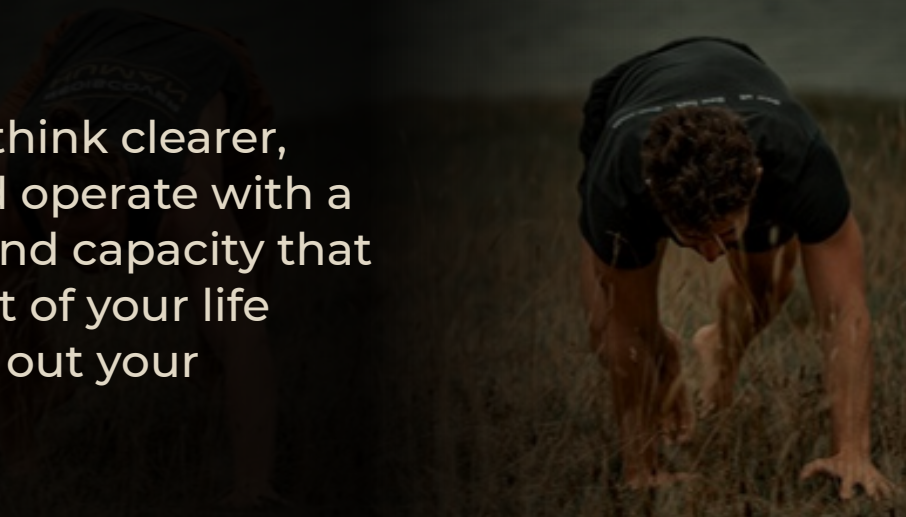
For thousands of years, human performance depended on strength, mobility, adaptability, breath control, and deep recovery.

Your physiology still follows that blueprint even if your lifestyle no longer does.

The Primal Operator bridges that gap, translating evolutionary principles into a modern, high-performance system: intelligent movement, functional health, and nervous system mastery.

The result:

You move better, think clearer, recover faster, and operate with a level of strength and capacity that elevates every part of your life - without burning out your wellbeing.



YOU KNOW THE SCORE

You've achieved a level of success in business and in life that you are proud of, but it is demanding more from you now than ever before

And your body isn't keeping pace with the standards you currently operate at.

- > The stiffness in the morning.
- > The dip in focus mid-afternoon.
- > The recovery that isn't what it used to be.
- > The sense that performance takes more effort than it should.

You've blamed workload, age, and even stress.

But here's the truth:

Your body isn't failing.



YOUR SYSTEM IS OUTDATED

Maintaining High performance requires certain behaviours and habits, and you've been operating on ones that no longer match the level you play at.

This is where *most* people like you get this wrong. You assume that you need

- > More motivation
- > More discipline
- > To just try harder

But that couldn't be further from the truth.

What is really needed is an upgrade in the physiology that drives everything you do.

This is where my work comes in.

I rebuild the operating system of high-performing men so they can think sharper, move stronger, recover faster, and lead at a level most people never reach.

THE OLD WAY

THE PRIMAL WAY

HEAVY WORKOUTS THAT DRAIN YOUR ENERGY INSTEAD OF BUILDING IT	INTELLIGENT TRAINING THAT BUILDS STRENGTH, CAPABILITY, AND SUSTAINABLE ENERGY	✓
GUESSWORK WITH TRAINING, NUTRITION, AND SUPPLEMENTS	DATA-DRIVEN NUTRITION AND TARGETED SUPPLEMENTATION TAILORED TO YOUR BIOLOGY	✓
RUNNING ON STRESS, CAFFEINE, POOR SLEEP, AND ADRENALINE	TRAINING THE NERVOUS SYSTEM TO STAY CALM, COMPOSED, AND CAPABLE	✓
PUSHING HARDER BUT STILL FEELING STIFF, SLOW, OR LIMITED	MOVING, THINKING, AND PERFORMING WITH CLARITY AND CONFIDENCE	✓
A BODY THAT'S CONSTANTLY STRESSED, INFLAMED, AND UNDER-RECOVERED	OPERATING FROM A PLACE OF BALANCE, STRENGTH, AND LONG-TERM RESILIENCE	✓

THE 3 PILLARS OF THE PRIMAL OPERATOR

LIMITLESS MOVEMENT

Rebuild strength, mobility, and natural movement efficiency. Train like a human - not a machine.

Move powerfully, without pain, and with total control over how your body responds.



PRECISION FUEL

Fuel built on data, not guesswork. Through blood analysis, intelligent supplementation, and data-driven nutrition we engineer a system that matches your biology - giving you stable energy, sharper cognition, and consistent high output.



THE RESILIENCE ENGINE

Master your nervous system and your response to pressure. Build composure, focus, and adaptability in any environment. Operate with the kind of internal stability that drives elite performance - at work, at home, and within yourself.



WHAT THIS LOOKS LIKE FOR YOU IN REAL LIFE

- Wake up energised, focused, and pain-free without feeling wired or depleted.
- Move with confidence, capability, and control - in training and in daily life.
- Handle pressure with calm precision instead of reactivity.
- Build strength that improves your work, relationships, and physical authority.
- Operate at a level of clarity, power, and performance most men never reach.



THE TWO PRIMAL SYSTEMS

Choose between a movement programme that transforms how you train, move, and feel in your body - or a full health and movement transformation designed to restore your biology, sharpen your focus, and elevate how you operate day to day.

PRIMAL PATTERNS	PRIMAL OPERATOR
ASSESSMENT	ASSESSMENT
12 WEEKS	16 WEEKS
MOVEMENT	MOVEMENT
	BLOOD WORK
	NUTRITION PROTOCOL
	SUPPLEMENT PLAN
	RESILIENCE TOOLS
INVESTMENT £1,200-£2,000*	INVESTMENT £3,000

*Dependant on the level of support you want

SYSTEM ONE

THE PRIMAL PATTERNS

WHAT YOU CAN EXPECT

12 Weeks Movement Mastery Programme

For you if your body feels stiff, restricted, or unreliable, and you want to move with confidence again.

Over 12 weeks, we rebuild how your body moves, feels, and responds, so movement becomes something you trust - not something you work around.

By the end of Primal Patterns, you can expect to:

- Move freely without constant tightness or niggles
- Feel stronger, more capable, and athletic day to day
- Trust your body again in training and life
- Build habits that support long-term physical resilience

Delivered through:

- Full movement assessments (Weeks 1 & 12)
- Bespoke movement programme
- Ongoing coaching support and progressions

Investment: £1,200–£2,000

BEST FOR: MEN WHO WANT TO MOVE BETTER, FEEL CAPABLE AGAIN, AND REBUILD THEIR BODY WITHOUT OVERHAULING THEIR LIFESTYLE.



SYSTEM TWO

THE PRIMAL OPERATOR

WHAT YOU CAN EXPECT

16 Weeks Complete Health Recalibration

This is for high-performing men whose body, energy, and focus no longer match their ambition.

The Primal Operator is a full-spectrum reset - rebuilding movement, improving physiology, and building nervous system resilience so you can operate at a higher level without burning out.

By the end of The Primal Operator, you can expect:

- Consistent energy and mental clarity
- Calm, composure, and resilience under pressure
- Strength, precision, and confidence in how you move
- A sustainable system that supports long-term performance

Delivered through:

- 1:1 coaching with ongoing support
- Personalised movement, nutrition, and recovery
- Two functional blood analyses and bespoke supplementation protocol
- Nervous system and resilience training

Investment: £3,000

**BEST FOR: MEN WHO KNOW MOVEMENT ALONE ISN'T ENOUGH
AND WANT ENERGY, RESILIENCE, AND PERFORMANCE REBUILT
- FROM THE INSIDE OUT.**



MEET YOUR COACH

I'm Tom - founder of **MoveWell** and creator of **The Primal Operator**.

My own journey began in the world of hustle culture - long hours, heavy training, and recurring injuries that left me questioning what real performance truly meant. That search led me to explore a deeper, more sustainable way of moving, living, and performing.

To find the answers, I travelled the world - learning from world-class movement teachers such as **Ido Portal**, studying human performance in the jungles of Brazil, and immersing myself in functional health and holistic systems.

I've trained under the **Institute of Functional Health** and **ICAHT**, and worked as a manual therapist alongside leading chiropractors - gaining hands-on experience with everyone from elite professionals to clients in their seventies and eighties.

My approach blends **playful, primal movement, biomechanics, functional health, nutrition, and nervous system regulation** - integrating modern science with ancestral wisdom.

The result is a philosophy built on **simplicity, awareness, and precision** - helping you not just move better, but operate better - with strength, focus, and genuine enjoyment in the process.



CLIENT TESTIMONIALS



Chris

Business Owner, 38

“At the beginning I was a mess, years of neglecting my health and working at a desk had caused my body to almost completely seize up. My back, neck and shoulders were constantly aching, my hips and knees were also painful and stiff.

I'd allowed myself to get so weak I could barely do a single push up. It was pretty embarrassing!

Fast forward to now and every single issue has improved dramatically, I'm pain and ache free for the first time since I can remember and my strength is improving day by day.

And most importantly for me, as someone who's had more PTs and gym memberships than salads in my life, I'm actually enjoying it!”



Max

Managing Director, 34

“My mood and energy are far more consistent now. I no longer crave, or feel like I need, caffeine first thing in the morning to function. Overall, I feel really good - I've noticed a huge difference in my stomach and digestion. I feel much lighter and a lot less bloated.”

CLIENT TESTIMONIALS



Terry

Business Owner, 63

"Before I signed up with Tom, I had knee pains, back pains, shoulder pains, you name it! I was aching all over! I couldn't sleep properly, and I was often up all night. Not ideal when you are 64 years old! Since working with Tom, I have been able to get a full nights sleep, I am eating better and overall feeling better with no aches and pains full of motivation and energised to start my day. I even went for my first run in 44 years! I now look forward to my exercise every morning 😊

Highly recommend Tom to anyone looking to improve their lifestyle."



Rob

Senior Manager, 34

I can't recommend Tom highly enough — working with him has been a genuinely transformative experience. His depth of knowledge across movement, exercise, and nutrition is clear, but what really stands out is how thoughtful and methodical his approach is. I've always felt confident that what he prescribes is purposeful and grounded in real understanding.

Since working with Tom, I've noticed consistent improvements in my energy levels, strength, flexibility, and overall wellbeing. He blends smart use of technology with a very human, supportive coaching style, which makes the process both effective and sustainable.

If you're looking to improve how your body feels, moves, and performs on a daily basis, I wouldn't hesitate to recommend Tom.

CLIENT TESTIMONIALS



Craig

Business Owner, 33

“Before joining Tom, I had just started a new business venture, and the stress and tension were mounting. Tom provided me with clear structure around my training and nutrition, informed by my blood tests. Most importantly, he held me accountable and motivated me when I needed it.

By maintaining these habits, every other aspect of my life began to feel more manageable, and everything seemed to flow more smoothly. After three months of this consistent approach, I am in better shape than I ever imagined.

Most importantly, my mental and emotional health are far more regulated.”



Rob

Product Manager, 38

“The program has really helped me build overall capacity and more resilience in my body. Having 2 kids and a sedentary job made me think it was going to be difficult to train effectively but that’s luckily that’s not the case!

Training has been really good and I’ve been able to increase the work load without feeling run down like before thanks to the health and nutrition changes we made.”

READY TO RECALIBRATE YOUR MIND, BODY & PERFORMANCE?



Your next step is simple - book your complimentary **Strategy Call**.

We'll review your goals, assess your biggest obstacles, and map a personalised plan for you to operate at your highest potential.

No pressure - just clarity and action.



Book your Strategy Call here: [Book a Call](#)



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