



PERSONAL TRAINING F.A.Qs

HOW MUCH IS PERSONAL TRAINING PER HOUR?

PERSONAL TRAINING IS NOT BASED PER HOUR, AS PERSONAL TRAINING WITH JEN IS ABOUT MORE THAN JUST THE COACHING SESSION WHO HAVE TOGETHER. JEN OFFERS MORE A WHOLE HEALTH AND WELLBEING APPROACH. SPECIFIC PACKAGES TAILORED TO YOUR INDIVIDUAL NEEDS.

(PACKAGES ARE DISCUSSED DURING A FREE CONSULTATION)

WHERE DO THE PT SESSIONS TAKE PLACE?

SESSIONS CAN TAKE PLACE IN THE COMFORT OF YOUR OWN HOME, LOCAL PARK OR SPECIFIC VENUE (IF REQUIRED)

ALL EQUIPMENT IS BROUGHT TO SESSIONS, SPECIFIC TO THE PROGRAM.

ADDITIONAL WORKOUTS WILL BE GIVEN TO DO AT HOME, AND WILL BE SPECIFIC AND WORK ALONGSIDE THE 1-2-1 SESSIONS.

WHAT IS INCLUDED IN THESE "PACKAGES " THEN?

- 1-2-1 SESSIONS (AS AGREED WITH JEN)
- ADDITIONAL WORKOUTS TO DO AT HOME
- FULL NUTRITIONAL PLAN (THAT MUST BE FOLLOWED)
- RECIPES
- WEEKLY HOMEWORK (THAT MUST BE DONE)
- SHOPPING LISTS
- MOTIVATIONAL EMAILS AND TEXTS
- 100% SUPPORT FROM JEN

- **GUARANTEED RESULTS!**

WHAT IS THE NUTRITIONAL PLAN?

THIS IS NOT A “DIET” IT IS A HEALTHIER APPROACH TO FOOD AND DRINK, BUT YOU WILL BE EXPECTED TO ELIMINATE THE FOLLOWING FROM YOUR DIET DURING THE PT DURATION:

- **ALCOHOL**
- **WHEAT (BREAD, PASTA, POTATOES, CAKES AND BICCHIES)**
- **DAIRY (MILK)**
- **PROCESSED CRAP (MICROWAVE FOODS ETC)**

YOU ARE PROVIDED WITH A FULL SHOPPING LIST AND RECIPES. . .SO IT IS NOT A RESTRICTED PLAN AND ITS GUARANTEES RESULTS! THIS NUTRITIONAL APPROACH HELP TO RE-EDUCATE YOU FOR A HEALTHIER LIFESTYLE FOR YOU AND YOUR FAMILY FOR LIFE (IT MUST BE FOLLOWED 100% AS PART OF THE **OneBody Fitness Formula!**

WHAT BENEFITS WILL I GAIN FROM DOING PERSONAL TRAINING?

- **WORKING ON SPECIFIC GOALS (THAT WE WILL WORK THROUGH)**
- **INCREASED FITNESS LEVELS**
- **REDUCED STRESS LEVELS**
- **SLEEPING BETTER**
- **INCREASED ENERGY LEVELS**
- **LOOK AND FEEL FABULOUS FROM THE INSIDE OUT**
- **INCREASE CONFIDENCE IN YOURSELF AND YOUR BODY IMAGE**
- **RE-EDUCATE YOU ON NUTRITIONAL & EXERCISE (A RESOURCE YOU WILL HAVE FOR LIFE)**
- **INCREASED FEELING OF WELLBEING**
- **GUARANTEED RESULTS!!!!**

WHAT IS NEEDED FROM “ME” TO BE ABLE TO DO PERSONAL TRAINING?

- **110% COMMITMENT & DEDICATION TO EVERYTHING**
- **KEEP A FOOD DIARY & SEND TO JEN WEEKLY**
- **DO AND EMAIL WEEKLY MEASUREMENTS AT START AND FINISH**
- **FOLLOW NUTRITIONAL PLAN 100% (NO EXCUSES)**
- **MUST BE PREPARED TO “ELIMINATE” FROM DIET (SEE ABOVE)**
- **HONESTY WITH YOURSELF & JEN**
- **TO BE READY TO MAKE THE CHANGES!!**
- **NO EXCUSES. . . .**