



# SMALL GROUP PERSONAL TRAINING F.A.Qs

## HOW MUCH IS SMALL GROUP PERSONAL TRAINING PER HOUR?

SMALL GROUP PERSONAL TRAINING IS NOT BASED PER HOUR, AS TRAINING WITH JEN IS ABOUT MORE THAN JUST THE COACHING SESSION WHO HAVE TOGETHER. JEN OFFERS MORE A WHOLE HEALTH AND WELLBEING APPROACH. 6 WEEK SMALL GROUP PACKAGES ARE AVAILABLE.

## WHERE DO THE PT SESSIONS TAKE PLACE?

SMALL GROUP PERSONAL TRAINING SESSIONS TAKE PART IN A SMALL STUDIO IN ANFIELD FOR THE 6 WEEKS

## WHAT IS INCLUDED IN THESE "PACKAGES" THEN?

- 6 SMALL GROUP SESSIONS (SAME DAY AND TIME EVERY WEEK)
- 3 ADDITIONAL WORKOUTS TO DO AT HOME
- FULL NUTRITIONAL PLAN ( THAT MUST BE FOLLOWED)
- RECIPES
- 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 BICCIES)
- 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 SMALL GROUP PERSONAL TRAINING?**

- WORKING ON GOALS
- PART OF A SMALL EXCLUSIVE CLUB. . .WITH LIKE MINDED WOMEN
- 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 SMALL GROUP PERSONAL TRAINING?**

- 110% COMMITMENT & DEDICATION TO EVERYTHING
- KEEP A FOOD DIARY & SEND TO JEN WEEKLY
- 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. . . .