



Fitness with PJ
MAKING YOU FIT. FOR LIFE.

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Weight Loss & Weight Maintenance Online Program

Looking to continue with your weight loss journey, or perhaps maintain the loss you have worked so hard to get to? Join my *online community* and receive weekly email support, once a month training sessions to keep your program from reaching a plateau (optional), a diet re-vamp, accessibility to me for any questions, concerns or encouragement needed, and an online weekly weigh-in to keep you honest.

Studies have proven that those who have someone to manage their behavioural issues, and that have to answer to someone on a weekly basis do 66% better than the placebo group that were left to their own devices to lose and maintain (*Journal of Cardiovascular Nursing 2005, Vol. 21, No. 4, pp 251-25*). Don't become another statistic, and spend the same amount of money on your body, your health and your energy that you would for gas in your car for 30 days. I think you will agree... you are worth it!

\$99/month or \$39/month without the monthly one-on-one appt.

Instructions:

1. Choose whether or not you want to see me 1x a month for a one-on-one appointment that will not only give you a sweat-inducing, calorie-burning, butt-kicking workout, but also show you different exercises and techniques to add on to your own weekly workouts.
2. Decide if you want to pay monthly, or **pre-pay for three months and receive 10% off.**
3. Email your intentions to info@fitnesswithpj.com and I will supply you with my mailing address to mail, or drop off your cheques (please supply up to three months post-dated).
4. Once payment has been received your month has begun and you will receive a pdf document instructing you to go onto www.fitday.com to begin food journaling your diet. A minimum of 3 days is required for me to get a good handle on your diet. Please follow the directions as stated on the pdf and when completed email me back.
5. Once you have finished food journaling, and I have logged onto your Fit Day account, I will evaluate your diet and send you my recommendations.
6. Every Monday you will receive weekly, via email, Fit Tips that will help educate you, inspire you and remind you of the commitment that you have made to yourself towards a life of better health and fitness.
7. Every Monday you will weigh yourself and email me at info@fitnesswithpj.com with your weight for the week. I will track your weight to ensure that we are on target with your goal.
8. Each week you will have access to me through email for any health and fitness related topics - think as me as your very own personal trainer 24/7! Please note, though, on weekends and holidays my response time may be the next available business day.
9. I may, on occasion, ask you to email me your daily workout programs if we find the weight is not coming off of you easily.
10. To cancel your subscription: please provide me with a 30 day written notice by emailing me your intent to cancel and any post-dated cheques that you have delivered to me will be destroyed – minus the month of written notice. If you signed up for the 3 month 10% off contract the full 3 months will be charged to your account and any remaining post-cheques will be destroyed.

What I Want Is Within Me