

J AND FITNESS TRAINING | SUMMER 2021

JFT



THE FITNESS
geek
COLLECTIVE
PODCAST

6 WEEK
TOTAL
TRANSFORMATION

NUTRITION FOR
WEIGHT LOSS

J'S DAILY
WORK OUT
ROUTINE

6

week FITNESS TRANSFORMATION

*J*his program is designed for people looking to hit the reset button on their health and fitness. This comprehensive program combines JFT's Fitness program and nutrition coaching with a group of other people just like yourself trying to achieve their goals.

contact:
www.facebook.com/JFitnessandTraining
or
www.jfitnessandtraining.net



This program includes:

- * One on one consultation 1 hour initial consultation to set goals
 - * Meal planning including recipes and easy to follow macro tracking system
 - * Access to state of the art training software to keep you on track with workouts programmed just for you.
 - * Live weekly virtual workout with J and your "TEAM"
 - * Introduction to group fitness, yoga , and more !!
 - * Weekly zoom call check in with your "TEAM" and J
 - * Bi - weekly one on one zoom call with J
- And much more !!!

“My own weight loss journey inspired me to help others with their fitness and nutrition goals”

Before and after photos of J's transformation. 60lbs lost.





I grew up in Edmonton, AB and when I started my fitness journey I was 236 lbs and knew that I needed to get to a better place both physically and mentally. After a few years of hard consistent work and dedication, I transformed into the person you see today. Through my journey I realized how passionate I am about working with other people which is why I decided to dedicate my life to helping others achieve their fitness goals. No matter where you are at in life, if you work with me, together we can help you reach your potential and get you where you want to go.



strength
**TRAINING IS
ESSENTIAL**

Meal prep is a great way to not only cut down your grocery or take out bill but it's super easy to grab a healthy pre made meal when you're running short on time.



training
**DESIGNED
JUST FOR YOU**

Strength training is essential for weight loss, J provides easy to follow workouts using state of the art training software.

meal prep
**NUTRITION FOR
WEIGHT LOSS**

SAFE INCLUSIVE TRAINING

My comprehensive health and fitness program will give you the results you are looking for. Through a customized training program designed for you or your team



training
**YOUTH
DANCE TROOPS**



training
**YOUTH
HOCKEY CAMPS**