

“HE IS NO ORDINARY WEIGHT LOSS MENTOR...”

I Thought I Could Never Drop Kilos and Inches Off My Hips, Butt & Thighs – Until I Met Joe

I Used to Waste Huge Amounts of Time and Money Paying for Gym Fees I Never Used. With My Results, I Now Realise Gyms & Personal Trainers Are Not All The Same!!!



MY WEIGHT LOSS MENTOR **TOOK 7CM OFF MY HIPS** IN JUST 9 WEEKS



I'm making real progress... Joe has shown me how easy it is to drop over 10 Kilos, and shed 7cm off my Hips in less workout time and without any silly extreme dieting

When it comes to transforming my body shape I am so, so happy to have Joe as my Personal Trainer... He is truly different because...

- He is one of the few Personal Trainers that has lived the pain of being previously 25 kilos overweight, which means he understands me and knows how to fast track my weight loss result.
- He really cares and always has a lot of time for me outside of our training sessions and he never charges me for it... I am so thankful for his emotional support and his passion to help me succeed
- He has a sensible and achievable holistic approach by balancing the right amount of exercise which enables me to fit it into my busy schedule and his nutritional support means I am not starving myself so I can still enjoy the foods I love eating
- He has never been pushy trying to sell me any of his services, so I feel really comfortable making my own choices being in a relaxed unpressured environment

Why don't you see for yourself how caring and willing Joe really is about offering his time to help others lose weight...

Before You Give Up On Yourself, like I nearly did, I sincerely encourage you to call Joe **07 3847 7546**

Ask Joe about Booking a Relaxing Private Meeting to Share your Health and Fitness Goals, which I'm sure he would be willing to provide at No Charge To You

“I had nearly given up on myself...”

Yes! I have stopped diets that don't work
Yes! I love being pushed and motivated
Yes! I'm getting more toned and feel sexier
Yes! I am feeling great about my body again
Yes! I have so much more energy for life

Sharing her story:

Lyncee N... 57 year old Customer Service Advisor...



Joe and Lyncee - a great team effort...

“The New Me...”

- 10 + kilos gone
- 4cm gone from my waist
- 6cm dropped off my arms
- 7cm shed off my hips
- “I'm never going back”

HEALTH AND FITNSS Institute of Australia

WWW.HealthandFitnessAustralia.com.au

FOR THIS WEEK, I'M OFFERING MY TIME AT NO CHARGE TO 9 PEOPLE WHO ARE SEARCHING FOR HELP IN LOSING WEIGHT AND WOULD LIKE TO SHARE THEIR HEALTH AND FITNESS GOALS WITH ME, IN A RELAXED PRIVATE MEETING – First 9 People At No Charge

**If You Want to Grab The Most out of Life, Faster than You Believe is Possible
Call Joe on 07 3847 7546**