

JAKE GARNER FITNESS



**Why Choose Online
Coaching?**

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“If you have made it this far, then you have started something utterly amazing. Knowing that we want to develop on sturdy foundations or even start from scratch; this is the first step to success. Whether you are looking to lose weight, gain muscle or even train for a specific event, the one you have always dreamed of doing, you have come to the right place.

I take a genuine interest in the health and wellbeing of all my clients. That means you. I work with each of my clients on an individual basis, tailoring their programme to suit their own specific needs. Too often we see fitness and nutrition programmes that are not client specific. I exclusively build a programme for you, to help you reach your goals in your own time.

Online coaching allows us to build a good relationship based on trust, openness and commitment to each other. Everything that happens between us remains strictly confidential. I’m not here to judge your current level of fitness, size, weight or shape. I’m here to help you become what you want to be. I possess a sincere desire to help you reach any goal, no matter how big or small that might be.

I personally know what it takes to reach the unimaginable. Through my own body transformation, I know it is not an easy process. It takes dedication, hard work and toil. I can give you all the tools you need to make it work. You don’t have to do this on your own. As a qualified personal trainer with experience, I’m here to aid you in your own health and fitness transformation or development, offering you real compassion, empathy and support when you need it the most (sometimes a kick up the backside too).

Together we can achieve what you thought wasn’t possible. Why choose online coaching? I’m going to cover what online coaching is, the benefits of online coaching and how it can help you achieve your goals.”

Jake Garner

Jake Garner

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What is online coaching?

Online coaching is a way for you to receive the full services of an experienced, qualified personal trainer without having to leave your home or commit to live one to one sessions. Clients who are subscribed to a monthly online coaching programme receive a fully tailored, individual fitness and nutrition plan that is designed around their own unique goals and ambitions. Online coaching offers a wide range of advantages that will help you to achieve your goals just as effectively as if you were receiving live one-to-one training with a personal trainer.



How much equipment you have or your access to a gym is irrelevant. I plan each of my client's monthly programmes around the equipment, facilities and resources available to them. A lack of 'gear' is not an excuse not to help you. Everyone deserves the chance to lead a healthier life, irrespective of their experience or how much money they have spent on equipment.

A free initial 20-minute video consultation with myself to discuss your goals and ambitions will allow us to get to know each other from the comfort of your own home. Here we can learn a bit about each other and how I can best tailor your own unique programme to help you accomplish any health, fitness or nutrition objectives. The consultation is an informal introduction that helps you to feel comfortable and establish a relationship with me. It's not a judgment of your current lifestyle. Most clients find these fun, informal and informative. I only ask questions that I genuinely believe will aid me in putting together a programme that will work. Following your consultation, you'll receive all the tools you need to get started. I will explain how online coaching works in some detail during the consultation and will be able to answer any questions you have.

Benefits of Online Coaching

There are several key reasons why online coaching is the solution you are looking for:

- **Online coaching is an extremely cost-effective way of achieving your goals.** Though it's a cheaper way to achieve the same goals, it does not mean it's not as thorough or effective. Each week you will receive an updated fitness and nutrition guide that will advise you on exactly what you need to do to accomplish your specific health goals, regardless of what they are.
- **You never get left in the dark.** I personally check in with all my clients weekly via video call. It is your chance to ask questions and receive answers in real time. It allows us to discuss your progress, make any alterations and for me to give you some insightful and truly educational feedback. I'm also available by phone 7 days a week.



➤ **Any client that uses my Online Coaching service receives the same treatment.** This means I'm available to contact around the clock. Whilst I might not be able to always accept a call to answer your questions, as I might be conducting a training session, I'm always available to message or email. I aim to respond at my earliest convenience in a professional manner that will best benefit you.

➤ **Online coaching is highly flexible.** It doesn't rely on strict gym times and is designed to fit around your busy work/life schedule. You will have a quota to complete to reach your goals. As long as we are moving forward, it's up to you how you utilise the programme. I will push you to achieve more than you thought possible, even from a distance. Improving our health is based on the right choices. I can help you make these no matter how long or tough your week might be.

➤ **Each one of my monthly online coaching programmes is personal to you and no one else.** No two of my programmes are the same, just as no two of my clients are. Forget about what you think you should or should not be doing, it's my job to make sure you are doing the right things, the ones that will benefit you the most and have you reaching your goals in no time.

➤ **Professional help allows you to be properly educated in exercise, form and technique.** Through both live instruction and available video content, you will fully understand how to perform any prescribed exercises.

➤ **You will receive in depth nutritional advice.** I break down what your diet should consist of, including a full breakdown of your calorie and macronutrient intake. You will be educated in the kinds of foods your need to reach your specific goals and the amount you need to consume. This could be for weight loss, gaining muscle mass, training for a specific event or even just looking to get yourself used to a regular, healthy balanced diet.

➤ **I set realistic goals.** This will help you to achieve more, whether it's training for an event, building muscle or losing weight.

➤ **You will be accountable to someone.** When trying to accomplish anything, it can be great for motivation and success when you have somebody to hold you accountable. I'm primarily here to help, educate and guide you, but I will often push you to achieve more than you thought possible.



How Much Does It Cost?

- A month subscription to online coaching, including all the benefits as outline above, costs £40.
- If you would like to book three months in one go, I offer a discount of £20.
- If you refer a friend for online coaching, you will receive a free week of online coaching (£10 discount on your next month)

What Next?

Simple! Get in touch!

I'm always extremely excited to hear from people. Establishing and building a relationship based on trust and honesty is something I pride myself on. If you need help achieving your goals, this is something I can do with you. Please contact me to find out more and arrange your free online video consultation. If you would rather receive one-to-one training in person, I would also love to hear from you.

I look forwards to hearing from you soon.

Jake Garner

