



JT'S School Presentation Package

- I. Introduction to JT**
- II. JT's Views On Fitness Training**
- III. Testimonials**
- IV. Presentation Outline and Fees**

Born in Texas, the oldest of four children of a Pentecostal minister, JT credits his childhood for what some might call an obsession with fitness. “The seed for exercise was planted as a child because I was very unhealthy as a kid. I had this desire to be a great physical specimen,” he said.

After graduating from high school he began changing his lifestyle. He entered the military and became more disciplined. Over the years he has worked to help others as well.

During his career, JT served as a deputy sheriff in Madera, Calif., where he implemented a fitness program for inmates; worked at various health clubs including Eastern Athletic Club in Medford; and whipped young recruits into shape as an Army drill sergeant. He’s also an elite graduate of the Military Master Fitness Trainer Academy of the United States and is recognized as a certified personal trainer with the American Council on Exercise, the Aerobics and Fitness Association of America and the American Aerobic Association International. He has a whole litany of other honors as well.

JT just shrugs off the accolades. “I may be a great trainer but the best trainer is the ball. My objective is to get as many people on the ball as possible because then they can enjoy a greater degree of health.”

John Thomas is not one to go quietly into retirement now that he’s hit 55. No, instead he’s on a mission to get as many people ‘on the ball’ as possible.

JT, as many around town know him, is a fitness buff who has built a thriving business helping others get into better physical shape. As the proprietor of JT Fitness in Voorhees, JT provides personalized training sessions for clients of all ages and abilities. His clientele includes busy executives, seniors, individuals with disabilities, even Philadelphia Eagles and Flyers players.

But staying in shape isn’t just for those who can afford personal sessions. “Good health and fitness is a right that all human beings have.”

It’s that message that JT is taking to the masses. For the past year he’s been traveling South Jersey touting the benefits of fitness – in particular the value of the fitness ball – those colorful inflatable balls that remind you of gym class.

“The greatest fitness vehicle in the 21st century is the ball,” said JT, explaining that the sitting on a fitness ball engages one’s core muscles, which ultimately impacts their balance and helps tone and sculpt the body.

Recently JT took his “Core Tour” to a women’s health event in Maple Shade as well as to students at Moorestown High School and employees at MaGrann Associates, also in Moorestown.

Aside from encouraging people to get fit in general, JT advocated replacing regular chairs with fitness balls.

“You spend most of the day sitting down, why not gain a benefit from it?” asked JT, explaining that sitting on the ball immediately engages the core muscles, giving people a workout without them realizing it. “The end result is they get in better shape and feel better. And when people feel better they perform better and that means more productivity.”

By Cynthia R. Nelson / The Sun Magazine

JT's Motto

The Voice of Fitness

“My objective is to create Ambassadors for fitness. Since time is the constant primary factor influencing the integrity of the skeletal and muscular structure, we must exhaust every possible aspect of exercise to prevent its compromise.”

Testimonials:

"When we select our People To Watch, we look for those who are unique in their profession, who inspire others and make a difference in their community. JT is all those things. He has found an extraordinary way to change bodies and lives. Just speaking with JT is energizing, so imagine how powerful a workout is."

Marianne Aleardi
Editor, SJ Magazine

"JT's visit to Sun National Bank really had a positive impact on our employees. What a ball of fire! He really got Sun employees excited and interested in working out with the core balls, and I think he really made a difference in how we all feel about exercising!"

J. Sands Wandelt
Vice President of Human Resources, Sun National Bank

"Using JT's heavy bag fitness program has provided me with a variable intensity workout with no adverse training injuries, while preserving flexibility, increasing strength and definition."

*Bill E. Stefanou D.C.
Stefanou Chiropractic Centers*

"JT has invented the future for training. His heavy bag routine combines speed, power and endurance. The results are better hand-eye coordination, more muscular definition and improved aerobic capability. All of this can be accomplished in three, 30-minute sessions a week. The best element of the workout is stress reduction associated with the punching bag. The tension melts away with each job, hook and undercut. Thanks JT!"

*Kenneth S. Hoover, D.M.D.
Main Street Family Dentistry, P.C.*

"JT visited Moorestown High School and spoke to approximately 100 9th, 10th, and 11th grade Health and PE students. His message was excellent. He utilized a number of student volunteers to help demonstrate a variety of core strength building exercises to the others. The students enjoyed that. Interestingly, I had some students stop by my office afterwards to inquire about asking JT to help them get started with the exercises he had shown them earlier. JT is a very personable gentleman who really held the attention of the students. I am grateful we had the opportunity to welcome JT to Moorestown High School."

*Jeffrey P. Hadden
Director
Moorestown High School
Moorestown, New Jersey*

Presentation Outline and Fees:

- I. The Five Dimensions Of Wellness.**
- II. Core Principles.**
- II. Healthy Eating.**
- III. Stress and Anger Management and Alternatives.**
- IV. Being a Leader.**
- V. Developing Healthy Habits.**

Program Duration: Two 1hr. Presentations or One 2hr. Presentation

Program Cost: \$500.00

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