

JT'S CONSULTING PACKAGE



JT'S FITNESS

"Re-shaping America One Body At A Time"

~ Laura Lipinski

JT IS THE FUTURE OF FITNESS



JT is a unique and amazingly accomplished individual in the field of personal training and overall wellness instruction. With more than 30 years of quality fitness training and enriching the lives of countless students, clients, groups and communities with his message of healthy living, JT is a true spokesperson for the fitness revolution.

A certified personal trainer with the American Council on Exercise for more than 15 years, JT believes personal growth and wellness can only be achieved if an individual is willing to commit to respect the body, to work hard and to embrace the benefits of body building, personal training, fitness exercise and strength training. The American Council on Exercise is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness," ACE continually sets standards and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends.

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."

~ John Thomas (JT)

JT is an elite and distinguished graduate of the Military Master Fitness Trainer Academy of the United States. Earning honors and recognized as the Most Physically Fit by the Military Fitness Academy, JT is regarded as a Master Fitness Trainer. A point of great pride for JT, he also earned a Coaches Certificate from Special Olympics International in the division of weight lifting.

JT's goals and objectives are to lead a battle, a war against all that leads to people growing lethargic and inactive, which ultimately creates all sorts of health-related issues, including obesity, diabetes and heart disease - that impact the performance of our society as a whole. JT's dedication and commitment to overall wellness is a fundamental element of his own core.

His motto, which was written down by JT many years ago, continues to drive his non-stop ambition for success in helping people feel better and live longer, healthier lives:

A Well Balanced Workplace

It should be in everyone's interest that all levels of the workforce are healthy, productive enthusiastic, and possess the ability to respond to changing demands promptly, efficiently and repeatedly, without undue physical or mental stress.

JT's corporate client will have the amazing opportunity to provide their staff with Core group exercise sessions. It has been proven that an organization actively promoting health benefits to their staff will be more successful in balancing corporate and individual goals.

Inactivity is the most common risk factor in coronary heart disease. There are many organizational benefits to be gained from an effective wellness programs in the workplace.

JT's corporate fitness program can save a company significant dollars. Especially, with fitter and healthier employees, employers see a reduction in absenteeism, turnover, injuries, stress, claims and compensation cost. They also find and increase in morale, job satisfaction, effective teamwork and productivity.

From a long term perspective, employers reap the benefits of productive satisfied employees and develop a reputation of being a good employer. This will contribute to the bottom line, there's no downside to have a JT'S Corporate Fitness program.

- 🌐 Bank of America realized a return of \$6 for every \$1 spent on its health-promotion program. --American Journal of Health Promotion
- 🌐 PepsiCo found that its corporate fitness program produced a 300% ROI. -Fitness Systems
- 🌐 New York Telephone saw a return of \$1.95 for every \$1 spent on corporate fitness. --Compensation and Benefits Management
- 🌐 Tenneco found that employees who participated in its corporate fitness program were 13% less likely to leave the company than those who did not. --Business & Health

The average annual per capita increase in medical expenditures and absenteeism associated with obesity ranges from \$450 to \$2,500 per obese employee. Costs increase along with BMI. The combined annual per capita cost of being an obese man, including medical expenses and absenteeism, ranges from \$460 to \$2,030. For women the per capita cost ranges from \$1,370 to \$2485.- IDEA Fitness Journal , January 2006

- ④ Johnson and Johnson watched its absenteeism rate fall by 15% within two years of introducing a fitness program. --Human Resources Executive

JT'S Fitness LLC believes that every organization, whether it be a small business with 5 employees or a multi national company with over 1000 employees, deserve a customized program. JT'S Fitness uses a systemized approach in order to best establish what services are used in order to satisfy the needs of your organization. Our goal is to assist in educating and administering safe and effective enjoyment of fitness, health and wellness within your organization.

Our primary function is to provide the maximum number of your staff members with motivation and enthusiasm to adopt and maintain core fitness principles and a healthy attitude as part of their long term lifestyles.

The Core elements of fun, acceptance, belonging, encouragement and reinforcement are those that we attempt to institute within a corporate wellness program. Core elements we hope to bring to your organization.

"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*

PROGRAMS AND FEES:

We offer an introduction presentation and light workout. This will cover the basics for core and general fitness training, healthy eating tips, healthy lifestyle tips, and a light core workout. Cost is \$400.00



20 Corporate Training Sessions

Cost is \$10.00 per session for each person for 20 people.
Cost is \$20.00 per session for each person for 10 people.



10 Corporate Training Sessions

Cost is \$12.50 per session for each person for 20 people.
Cost is \$25.00 per session for each person for 10 people.



5 Corporate Training Sessions

Cost is \$13.75 per session for each person for 20 people.
Cost is \$27.50 per session for each person for 10 people.

Contact Chris for scheduling!

JT'S Fitness LLC

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