

Change Your Fitness and Nutrition Habits Forever!

Hello! Are you ready to make a transformation? To change your body and your mind? To truly make a huge difference in yourself? If so, *now* is the time! I am offering one of Val Low's listeners my 12-week fitness behaviour change and transformation coaching beta program as a self-directed course for FREE (valued at \$500)!

The program offers the following features:

- Permanent client access to the personal training app, which houses the learning material and videos. 🏠
- Unlimited communication access to me via email, PT Distinction app, or future VIP. 📶
Facebook page (Please be reasonable). Allow for 48 hours before a response.
- Weekly instructional videos. ▶️
- Seven behaviour change coaching activities to help you improve habits. 📄
- 10% off à-la-carte coaching sessions for up to six months after registering. 📊
- Tons of giveaways like health and nutrition guides and cookbooks. 😁

Don't miss out on this great opportunity to forever transform yourself and your overall outlook towards health and nutrition!

Contact me now!

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*Here's a testimonial from
one of my clients:*



15 pounds down and many healthy habits gained in the last 3 months! Thank you Sartre for your support and expertise that have been invaluable in getting me back on a healthy lifestyle and fitness journey! Your behaviour change program really works! Thanks again!