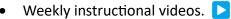


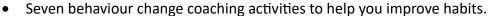
Change Your Fitness and Nutrition Habits Forever!

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.







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!

Sartre Jean-Gilles

Fitness Behaviour Change Coach, Kinesiologist and Personal Trainer

w: www.sjgfit.com e: sjg@sjgfit.com c: 1-403-613-3676



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!