

Silver Package

If nothing changes, then how can you expect anything to change?

Being a self-motivated person you may have already started your journey but unsure of how to continue. It may be that you have plateaued with your results, you're bored with the same old routine or you're now looking to fast track your results.

This package will give you a great mixture of coaching and education to give you the tools you need to continue your success as well as Personal Training to get you the results that you want!

The Silver package is for the person who...

- Wants simple steps to help them lose weight and get fit
- Is already exercising and wants to learn proven techniques to weight loss
- Has a good or ok diet but wants guidance around the food choices they make
- Wants constant motivation and accountability (no more 'on again off again' cycles!)
- Looking for more than just "sweat sessions"
- Wants to know their true fitness levels and be pushed to reach their full capabilities (*we all know that most people don't work out as hard on their own*)
- Is sick of yo-yo diets and fads where you've lost the weight and put it all back on (again and again)
- Wants to be educated about the process of losing weight in a non-technical way
- Is ready to make it happen!

What you receive:

- 12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. Sessions are 2 times a week for 45 minutes
- 2 Personal Coaching Sessions to discuss nutrition, creating a realistic balance in your life and discuss the challenges you are facing to ensure you stay on track.
- 2 Fitness Assessment Reports to record your progress and celebrate your awesome results!
- A monthly educational and motivational newsletter

Total Value: \$1800

Pay upfront and only pay: \$1550
or 3 x Monthly Instalments of \$600

Amanda Rattay – AR1 Fitness Training

Is a Personal Trainer who has helped hundreds of clients lose weight and keep it off forever. Having come from the downward cycle of weight loss herself, she understands how hard and frustrating the whole process can be. She has developed a system that helps her clients have a realistic lifestyle that they can maintain forever (no more “lettuce leaf diets”, no more quick fixes or crazy exercise regimes). With Amanda’s methods you can eat what you love & learn how you can still lose weight! Amanda will work with you to help you beat those weight loss struggles and in the process will motivate and inspire you to be the best you can be. There is a good chance that you’ll become hooked on your new lifestyle during the process!

Is a Personal Trainer who has helped hundreds of clients lose weight and keep it off forever. Having come from the downward cycle of weight loss herself, she understands how hard and frustrating the whole process can be. She has developed a system that helps her clients have a realistic lifestyle that they can maintain forever (no more “lettuce leaf diets”, no more quick fixes or crazy exercise regimes). With Amanda’s methods you can eat what you love & learn how you can still lose weight! Amanda will work with you to help you beat those weight loss struggles and in the process will motivate and inspire you to be the best you can be. There is a good chance that you’ll become hooked on your new lifestyle during the process!

Read what her clients have to say...

"Amanda gives you motivation to work to your full potential. You get results quickly with Amanda, she gets to know you on a personal level and makes training a very enjoyable experience. Her jokes make you laugh just when you feel like giving up.

Every session is different and you never know what to expect, that's what I like. You develop a trust in her, you know that she won't give you anything that you can't do, so you put your trust in her and work extra hard.

Amanda keeps in touch throughout the week and helps you with healthy eating and follow up exercises.

Amanda is a highly motivated trainer who is passionate about exercise and healthy eating and this rubs off on her clients. I look forward to my personal training sessions with her."

**What changes do you need to make in your life for it to be what you want it to be?
Don't wait for it to happen – make it happen!**

Order Form

Payment Details: Payment Upfront: \$1550 or Monthly Instalments 3 x \$600

- I will transfer the amount \$_____ to BSB: 633 000, Acc No: 1225 95036 Reference: *Your Name*
- I will be making a cash payment of \$_____ prior to commencement of our first training session.
- I will make payment of \$_____ via Direct Debit

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: _____

Email: _____

Cancellation policy: If you chose to terminate your package early there will be a cancellation fee of \$450 (2 weeks).