



Ultimate Package

If not now, when?

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Getting started can often be the hardest thing. We are bombarded with what we should eat and what exercises we should be doing and it can be so overwhelming and daunting. That's where I come in. I will help you take back control of your life and reach your fabulous goals.

This is the ultimate program where I will be with you every step of the way and show you simple and effective strategies to help you lose your weight and keep it off FOREVER!

The Ultimate Package is for the person who...

- Is looking for the ultimate weight loss and lifestyle solution
- Wants constant motivation and accountability
- Is driven and MUST achieve results
- Is looking for a mentor who has been there, understands where you're coming from and has helped others achieve the results you want!
- Is sick of yo-yo diets where you've lost the weight and put it all back on (again and again)
- Doesn't want to feel guilty about eating yummy foods (Yes you can still eat chocolate!)
- Has tried it all before and become so overwhelmed they don't know where to start
- Wants to feel good about themselves again.
- No longer wants to feel self-conscious, depressed or feeling like you've failed again
- Would like their energy levels back. Yes you can feel motivated and energised!
- Wants their body back – tone up and drop those kilograms!
- Is looking for more than just “sweat sessions”
- Wants to keep all the weight you lose off – FOREVER!

What you receive:

- 12 weeks of Personal Training that will inspire and motivate you to get the body you've always wanted. Sessions are 3 times a week for 45 minutes
- 4 Personal Coaching Session to discuss nutrition, creating a realistic balance in your life and discuss the challenges you are facing to ensure you stay on track.
- 3 Fitness Assessment Reports to record your progress and celebrate your awesome results!
- A monthly educational and motivational newsletter

Total Value: \$2790

Pay upfront and only pay: \$2490
or 3 x Monthly Instalments of \$930

I'm so sure you will succeed on the program that I will even guarantee your results!

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!

Read what her clients have to say...

“I’ve been doing personal training with Amanda for approximately 6 months, and I can honestly she is like no other Personal Trainer I’ve been to in the past. What separates Amanda from other personal trainers is that her approach is not just about how you look. She will accommodate her training and recommendations to whatever you require, whether that’s to lose weight quickly or over long term, build muscle and strength, increase fitness levels, improve eating habits or all of the above. Whatever the need, she can accommodate.

My experience has been quite a life changing experience both physically and mentally. When I first started with Amanda, I was so unfit, overweight, exhausted, my eating habits were erratic and I was smoking like a chimney. I was so tired and unhappy in how I looked and felt. But Amanda, don’t ask me how, knows my capabilities both physically and mentally better than I do. She knows exactly when to push me and how far to go. 6 months on and I’m well on my way to where I want to get to, and I will be honest in saying, if I’m feeling this good already, how good am I going to feel once I get to my goal????!! So if you’re considering taking up Amanda's offer for personal training, I would, without a doubt, highly recommend her.. In fact I would encourage you too!”

**This program will change your life!
I believe that together we can make it happen...
So what are you waiting for?**

Order Form

Payment Details: Payment Upfront: \$2490 or Monthly Instalments 3 x \$930

- 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).