

YOUR FITNESS JOURNEY BEGINS TODAY

WITH MIRJAM NILSSON





AGENDA AGENDA AGENDA

- INTRODUCTION
- WHY PERSONAL TRAINING?
- FITNESS PACKAGES
- TIMELINE
- SUMMARY

INTRODUCTION INTRODUCTION **INTRODUCTION**

With personal fitness training, we empower clients to foster whole-body health. By investigating an individual's diets and workouts, we help customize dynamic fitness journey timelines to suit each of our client's unique needs.

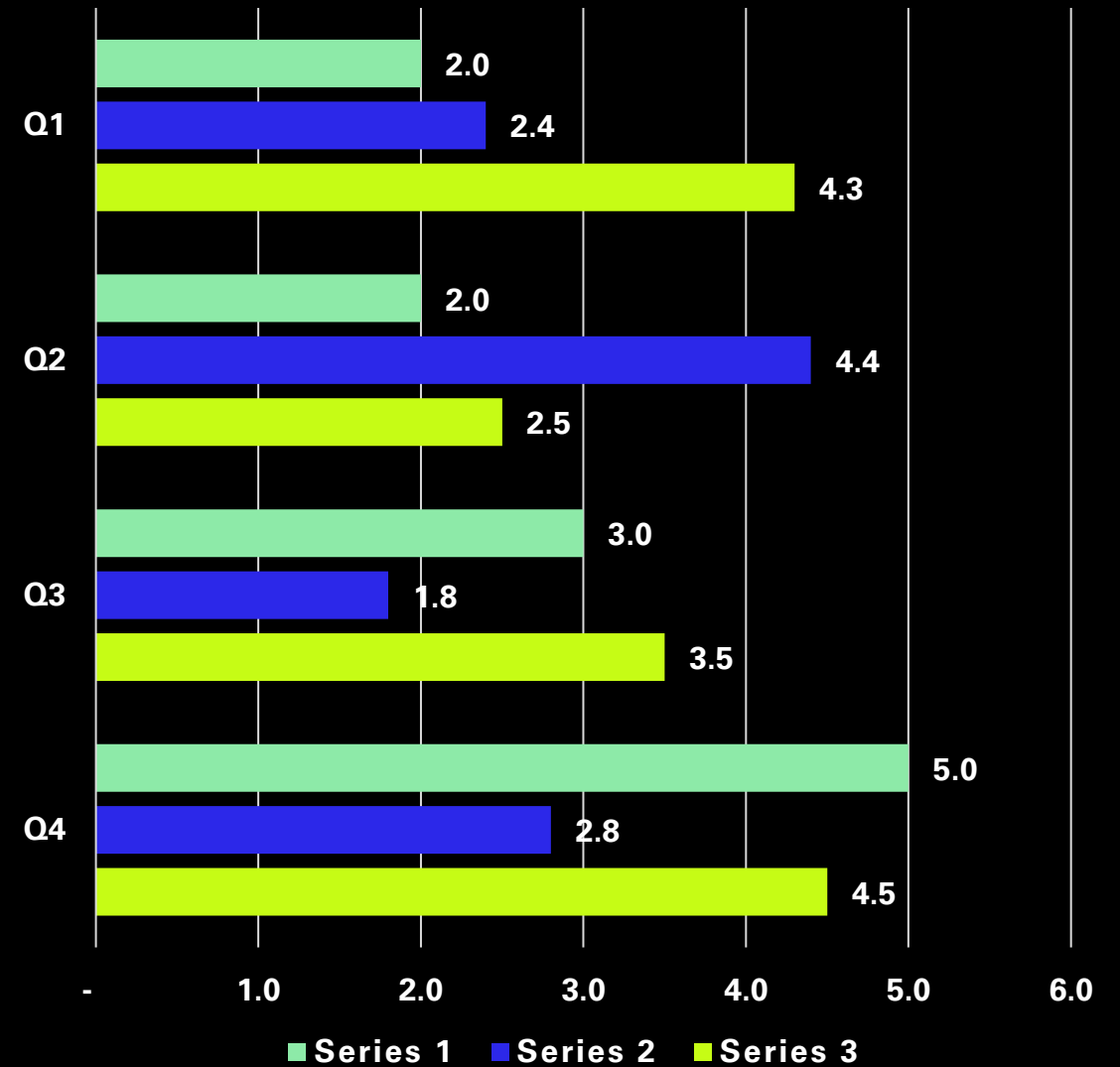


WHY CHOOSE PERSONAL TRAINING

COMPARE RESULTS OF TRADITIONAL
VS. PERSONAL TRAINING



TRADITIONAL VS. PERSONAL TRAINING RESULTS



FITNESS PACKAGE

	PRIVATE	GROUP	ONLINE	HYBRID
DAILY	\$75	\$45	\$15	\$30
WEEKLY	\$300	\$180	\$60	\$120
MONTHLY	\$1,200	\$720	\$240	\$480
YEARLY	\$13,500	\$8,500	\$2,800	\$5,700

“

You yourself, as much
as anybody in the entire
universe, deserve your
love and affection.

GAUTAMA THE LORD BUDDHA

”

MEET OUR TEAM



TAKUMA HAYASHI
Owner



MIRJAM NILSSON
Manager



FLORA BERGGREN
Lead Trainer



RAJESH SANTOSHI
Lead Trainer

MEET OUR EXTENDED TEAM



TAKUMA HAYASHI

Owner



MIRJAM NILSSON

Manager



FLORA BERGGREN

Lead Trainer



RAJESH SANTOSHI

Lead Trainer



GRAHAM BARNES

Nutritionist



ROWAN MURPHY

Trainer



ELIZABETH MOORE

Trainer



ROBIN KLINE

Trainer

FITNESS PACKAGE BREAKDOWN

PRIVATE

- One-on-one training
- Fully customized workout and diet plan

GROUP

- Training in small groups of 5 or less
- Select from pre-planned workouts and diets

ONLINE

- Join group classes online
- Choose between live and pre-recorded sessions

HYBRID

- Flexible to meet schedule demands
- Join in-person group and online workouts

ADD-ONS

- Bloodwork assessment
- Nutritionist consult
- Influencer package



DAY 001

30-minute consult &
partner with trainer

DAY 010

Fitness journey check-in

DAY 030

30-day certificate
ceremony

DAY 060

60-day certificate
ceremony

DAY 120

Mid-year assessment

AREAS OF FOCUS

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PHYSICAL HEALTH

- Personalized training plans cater to individual needs
- Peak physical performance helps to prevent illness and injury
- Regular exercise increases recovery time

MENTAL HEALTH

- Balanced exercise and diet together increase mental well-being
- Daily or weekly routines help to alleviate stress

HOW WE GET HERE

HOW WE GET HERE

HOW WE GET HERE

MIND

- Think about the goals you want to accomplish
- Visualize success
- Engage in healthy mental practices

HEART

- Trust that you know yourself best
- Believe in the power of your own motivation
- Know you can do anything you put enough effort into

BODY

- Listen to your body; never push yourself beyond your capabilities
- Breathe, stretch, and allow plenty of time to recover
- Stay hydrated

A man in a gym is shown from the side, lifting a barbell with a large weight plate. The background is a brick wall. The image is partially covered by a dark blue diagonal overlay on the right and a bright yellow diagonal overlay on the left.

SUMMARY SUMMARY **SUMMARY**

We believe in giving 110%. By using our staff's diverse knowledge and experience, we help clients meet their fitness goals. We thrive because of our commitment to whole-body health and the great team behind our services. As Plato once said, "For a man to conquer himself is the first and noblest of all victories."



THANK YOU

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