



Personal Training



Achieve the results you're after!

"Only 25% of people who exercise actually achieve the results they're after. Of those who do achieve results, 90% achieve this by using a personal trainer." (IHSA 2002)

You can and will achieve your goals. Personal Training is the most effective, enjoyable and supportive form of exercise around. Our Exercise Specialists will guide, motivate and support you through making healthy lifestyle changes. You will be introduced to a variety of new and exciting activities. You will also learn everything you need to know so you can maintain your energized lifestyle long term.

Are you...

- Unhappy with your current body size or shape
- Concerned about your health and wellbeing
- Struggling to make time for regular exercise
- Wanting fast results

You can expect...

- Results, results, results!
- Convenient mobile services – we come to you because your time is precious
- Your very own university qualified, highly experienced Exercise Specialist
- Ongoing individualised nutritional guidance from our team of Dietitians
- All the support you need – so you can feel confident in your ability to turn your life around

You will receive...

- A full health and fitness assessment, so we can track your results
- A goal setting and mentoring session, to get focused on what you're wanting to achieve
- A nutritional analysis and individualised advice from our Dietitians, for superior results
- Weekly exercise sessions with your very own Exercise Specialist.
- Private health fund rebates and possibly also tax deductions
- Informative newsletters, expert fact sheets, exclusive health seminars and social events

The experience of having our Exercise Specialists by your side

"I now have belief in myself that I can lose weight, be healthier and enjoy life. Since I have started losing weight my confidence has improved and my life is much more enjoyable."

Jenny Heron, Ferny Hills

"My energy levels are so much better. The level of energy and enthusiasm that has been maintained by Complete Performance Solutions has been exceptional, beyond expectation. Altogether they are genuine and caring people with great service."

Julia Johnson, Bardon

Your investment

- Initial health and fitness assessment, goal setting session and nutrition analysis – 220 per person
- Personal Training investment – 220/week for 2 sessions, or 110 per week for 1 session

Get started today – call us on 3166 8183

