How To Get The Body Of Your Dreams!

Secrets Revealed In Our Personal Training Experience Package

*A Complimentary Gift To You – Valued at $419*

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To: The Valued Clients of Sun & Earth Health Foods

From: Peak Physique Personal Training

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Dear {name},

Is beginning an exercise program daunting because you feel you can't fit it in to your busy lifestyle?

Not having enough time to fit a fitness program into your life is a very common (and valid) concern.

Balancing work, family, and social obligations sometimes leaves...very little time left for taking care of yourself!

It's a fact that all our clients lead busy lives balancing career and family life. And that's why all of them have found that having an appointment to workout and fit exercise into their life is helpful in making sure they do what's necessary to take care of themselves.

If you're "busy" too, then it's even more important that you DO make time for fitness so you can have more energy and be able to handle the demands of a demanding schedule. Plus spend less time and money on sickness!

At Peak Physique, we work around your schedule, with training sessions starting as early as 5am in the morning and going straight through until 9pm at night.

Surely, we have a time that we can make work for you!

And having a set appointment will make it easy for you to get in and out of the studio (and on with your life) very efficiently.

Even if you can only fit 2 sessions a week into your schedule, making time for yourself IS important and will be MUCH better than doing nothing!

We have a very special offer to help get you started;

**Sun & Earth and Peak Physique Personal Training**

The great news is at Peak Physique, we have teamed up with Sun & Earth to have a completely integrated approach to your health and well being. We work together and are all on the same “sheet of music” when it comes to looking after your body!

We have created a very special offer for the valued clients of Sun & Earth top help kick start your fitness regime - Here’s what you get;

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Personal Training Experience Package is FREE to The Valued Clients of Sun & Earth and Includes;

* Personal Body Assessment plus Personal Health Consultation -this session will be all about “drawing a line in the sand” to give you a starting point prior to embarking on an exercise program. (Valued at $220)
* Introductory Personal Training Session – this session will be based around “stimulation as opposed to annihilation” and will enable you to experience what it is like to work with a Personal Trainer. (Valued at $55)
* Top Fat Loss Tip’s Audio – on what it takes to help melt fat from your body (Valued at $47)
* Home Based or Travelling Workout Video – giving you a wide variety of exercises that you could do virtually anywhere! (valued at $97)

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**HURRY as there are only 7 spots available on the Personal Training Experience Package!**

To take advantage of this great offer, simply call Brad at Peak Physique on 0412-999-656 or email [brad@peak-physique.com.au](mailto:brad@peak-physique.com.au)