

Metabolic Jumpstart Club Success Story

Club: Crossfit Geebung 4034, QLD

MJ Coach: Dianne McCausland



What do your members say about Metabolic Jumpstart?

They love the simplicity of Metabolic Jumpstart and how easy it is to implement and sustain through everyday life.

What makes Metabolic Jumpstart easy to support & coach clients?

You have all the support and resources set up! There's very little work for me to do. There is such great support from Matt O'Neill and the MJ Team.

How do you use Metabolic Jumpstart?

I use it as the nutrition component for an 8-Week Challenge I run at my gym. It's been very successful and coupled with my fitness and training systems, I've had great success and results for my clients!

What are the key things you do to ensure clients get results on Metabolic Jumpstart?

I incorporate the Metabolic Jumpstart food targets and resources with some of my own systems to ensure clients meet their targets daily for the duration of the challenge.

What Metabolic Jumpstart tools or resources do you use the most?

I use the Daily Meal Planner and the Ready Reckoner. I encourage all my clients to explore the members section of the website for all its very valuable resources.

What does using Metabolic Jumpstart mean to your business bottom line?

It is a wonderful compliment to what we do and is imperative to the success of my challenges. I wouldn't have the same success doing it all on my own as I am so time poor. It saves me so much time!

What is your advice for other fitness businesses about using Metabolic Jumpstart?

Go for it! It's a great system. Your clients will love it. It's a very well rounded nutrition system that works. Clients will not starve and realise real health improvements!

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Let's create your success story

For assistance to create your Metabolic Jumpstart success story, contact us at:

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