

# Metabolic Jumpstart Club Success Story

**Club:** Elite FX Personal Training, VIC **MJ Coach:** Michael MacFarlane



*Michael MacFarlane, Elite FX Personal Training with a group of Metabolic Jumpstart clients, July 2016.*

## What do your members say about Metabolic Jumpstart?

My clients have been blown away by the results that they have been able to achieve during their Metabolic Jumpstart journeys & they all consistently say how relatively simple it has been to incorporate it into their lifestyles.

## What makes Metabolic Jumpstart easy to support & coach clients?

The whole process is incredibly simple, from start to finish. Combined with unlimited resources and a fantastic support network.

## How do you use Metabolic Jumpstart?

I'm a firm believer of practice what you preach. I've also always felt that I had the training aspect of my job covered, so after I successfully completed my very own Metabolic Jumpstart nutrition plan, I began promoting it to my clients. The majority of them were under no illusions when it came to improving their own nutrition and have combined it with our training sessions and their training programs.

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

Take the time initially to explain the plan to them in detail, establish their goals and expectations, and simply be there for them throughout with constant support and motivation.

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

The MJ Ready Reckoner is the most essential tool I use on a regular basis. Plus the various Tip Sheets are beneficial for assisting my clients through any challenges they encounter along the way.

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

It has successfully helped my clients achieve their goals, and for some goals that once seemed unachievable or impossible. This in turn has had a positive effect on their lives and my job as a personal trainer.

## **What is your advice for other Franchises about using Metabolic Jumpstart?**

In the end we only regret the chances we didn't take. Metabolic Jumpstart has without a doubt simplified my job and has been a great inclusion for my business. Your clients will love it and appreciate your willingness to go the extra mile to help them achieve their goals.

I only wish I had implemented Metabolic Jumpstart sooner.

*7<sup>th</sup> July, 2016*

## **Let's create your success story**

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

**Email** – [support@metabolicjumpstart.com](mailto:support@metabolicjumpstart.com)

**Web** – [www.metabolicjumpstart.com/getstarted](http://www.metabolicjumpstart.com/getstarted)

**Phone** – (02) 9987 2735

