

Metabolic Jumpstart Club Success Story

Club: Healthier Life Group, VIC

MJ Coach: Brent Durran



Brent Durran (centre), Healthier Life Group & Personal Training owner with a group of Metabolic Jumpstart clients, April 2016.

What do your members say about Metabolic Jumpstart?

They all say how amazed they are that it's all normal food without taking any food groups out and it gets RESULTS if you follow it.

What makes Metabolic Jumpstart easy to support & coach clients?

It 100% works, its simple, follow the plan and you get results. This is my very simple line to clients. I've done the program, so I know the power in it.

How do you use Metabolic Jumpstart?

I used it myself first to see if it worked and was amazed that I lost 4kgs in 3 weeks, and it was weight I didn't think I had it to lose. I use it with any of my Healthier Life Group and Personal Training clients who want to lose weight.

It takes away the effort of a lot of mucking around with food diaries and other things to get them their weight loss results. I've seen some other nutrition programs & this is by far the simplest.

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

Read all the info first and make sure they understand how it works. I have also made up a personal Facebook group for my clients to help with issues they may be having and to support each other when things may get tough.

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

I use some of Matt's email tips to help my guys stay motivated and it always gives me new tips to share.

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

It makes my job as a personal trainer a lot easier as I have 100% faith Metabolic Jumpstart works. As long as clients stick to the plan, the results will follow.

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

I recommend that you put your Metabolic Jumpstart clients in a private Facebook group with weekly weigh-ins and reporting in the group. This saves a lot of time chasing results from clients one-on-one. The group support in Facebook is amazing to help everyone stay on target & clients help each other out.

After the initial 4 weeks, make up an 8-week Facebook group for them to join to make sure the weight stays off. I charge a fee for this online support so clients know they need to commit to ongoing results & support.

21st April, 2016

Let's create your success story

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

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