

Metabolic Jumpstart Club Success Story

Club: Squashbrook Fitness & Leisure, SA **MJ Coach:** Simon Brook



What do your members say about Metabolic Jumpstart?

Members constantly remark at how easy to program is to integrate into their lives. It helps them easily understand what they need to fuel their body correctly, and they're not limited to eating meals on a set meal plan that they may not enjoy.

What makes Metabolic Jumpstart easy to support & coach clients?

The process is simple. Educate the client on what their body needs via the MJ Food Exchanges, explain how to build a meal and daily plan, that often requires little more than a few tweaks to their existing habits. Then catch up and review any challenges or road blocks and provide possible solutions, to help them form consistent habits. The resources available, along with the online MJ Club, provides 24/7 support and ideas for clients.

How do you use Metabolic Jumpstart?

We have a strong PT department, and after using many nutrition programs, Metabolic Jumpstart has been the most successful tool in providing lasting results for our clients.

We also present Metabolic Jumpstart in our membership presentation, as most clients realise they need to make nutritional change along with increased activity. We also use the program for our fitness challenges, and when clients simply stick to the program, both physically and nutritionally, we see exceptional results!

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

Firstly, it's to take time to learn and understand the program, and not to expect perfection. We help clients set their expectations, so they are not set up for 'failure'. We encourage use of the MJ Club online for access to recipe ideas, as well as education and motivation. We ensure our trainers check in on our client's nutrition each week, to ensure accountability, and help provide solutions to overcome challenges in adhering to the program.

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

The Ready Reckoner is an essential tool to understand the program and makes it so simple for clients to understand. We are finding more and more clients requesting Vegetarian and Gluten Free options and having these resources is very beneficial. The 'extras' handout is used often, and brings clients choices into reality for them, helping them make more informed nutrition decisions.

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

Metabolic Jumpstart helps us fulfil our goal of helping real clients achieve real and lasting results. This positively affects our bottom line through increased retention and referral marketing.

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

This is the best utilised and adapted nutrition program available. It simplifies the process of nutrition change for your members, helping them achieve better results. Being a single payment program, with constant updates, extensive resources and support, and easy to implement into your club, I wouldn't hesitate to recommend it to any club owners.

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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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