

Virtual Fitness Coach

Are you a professional who would like to have a personal trainer, but due to work you simply don't have the time to commit to a standard personal training program? Maybe you are constantly on the road, or flying from city to city with very little time spent in your home city! Maybe you are a business owner or executive who is simply too busy to set aside a specific time to travel to and from the MPT personal training studio to work out with a personal trainer.

Well MPT is proud to present the Virtual Fitness Coach. The Virtual Fitness Coach is a program that is going to give you the benefits of a personal trainer while accommodating for your limited time and/or busy travel schedule. The Virtual Fitness Coach is your own private personal trainer that you can take with you wherever you go, to help keep you on the right path to achieving your fitness goals, even if you are not able to make it into the studio on a regular basis!

Here is what you will receive when you sign up for the Virtual Fitness Coach:

- Custom Fitness Training Program- Sent to you on a weekly basis. Your custom fitness program will be based on your fitness goals, current fitness level, exercise experience, time limitations and the equipment you have available at your workout location.
- Custom cardiovascular training program.
- Custom strength training program.
- Custom stretching program.
- Complete access to your virtual personal trainer (Nicholas Wood) via e-mail.
- Weekly tele-meetings to discuss your progress toward your fitness goals.
- Nutritional Guidance.
- Food Log
- Recommendations on caloric intake and portion sizes.
- Weekly tips to improve your diet.
- Motivational Support
- Workout reminder messages.
- Accountability
- Weekly e-mail and phone consultation with your virtual fitness coach.
- 1 monthly workout with your personal trainer inside the MPT personal training studio to test your progress and discuss any questions that may have come up in your time outside of the studio in regards to specific exercises.

Example Weekly Schedule:

Monday- Receive your weekly workout schedule and food log via e-mail from your virtual personal trainer. Complete 1st day workout for new workout schedule. Fill out food diary throughout the day.

Tuesday- Thursday- Send any questions you may have to your virtual fitness coach via e-mail or phone. Complete 2nd-4th day workouts. Continue to fill out food diary.

Friday- Complete 5th day workout on weekly workout schedule and fill out food diary. At the end of the day e-mail a progress report back to your virtual personal trainer, letting them know how the weeks workouts went. Ask any questions you may have in regards to the workout. Mention any exercise that may have been difficult to complete or workouts that were too easy. Let your virtual personal trainer know about your progress. Have you lost weight, inches in the waist, or do you have more energy? Are the workouts challenging enough? Also include in your progress report your completed food diary for review by your virtual personal trainer.

Saturday-Sunday- R&R days to recover from your busy week.

Following Monday- Receive your weekly workout schedule and food log via e-mail from your virtual personal trainer. This new workout will include a completely new set of workouts that will push you closer to your fitness goals. In addition to your new workout routines you will receive tips on how to improve your eating habits through changes in your caloric intake, portion sizes or types of food consumed.

If you are a professional who is simply too busy to meet with a personal trainer, then try my Virtual Fitness Coach program and I will give you a 100% money back guarantee that you will be satisfied with the program after the first month or I will give you your money back!

For more information on the Virtual Fitness Coach Program, including pricing details, please contact Nicholas Wood at (210)415-5934 or n_wood@sampt.com.