

“Such a great idea...

... rather than gambling on a one-man business, I had an expert from Fit Too Travel choose the best possible person for me! I never dreamed it could be so easy!”
- FTT client, March 2000.

Only the very best trainers are allowed to work for FTT. They have to satisfy gruelling and strict selection criteria: They must have...

- Formal Registration with a national accreditation body
- Full & comprehensive Professional Indemnity and Public Liability insurance
- Formal educational qualifications
- Senior First Aid training
- The ability to achieve results and on-going, positive feedback from Fit Too Travel clients



You get the pick of the very best - every time!

Keeping our MONEY BACK GUARANTEE in mind, we access our database of over 400 trainers to choose the best possible trainer. You'll get a trainer who...

- Has **SPECIALISED** educational and skills in the area you in which need attention
- Has **SUCCEEDED** in the area where you want success
- Is **EXPERIENCED** in the discipline you NEED
- Is **MATCHED** to be **COMPATIBLE** to your background, age, gender and personality preferences.
- Is **GENUINELY** interested and keen to instruct in your area of need and focus



Be Confident of Success!

Our trainers know how to HELP. They have studied scientific fat loss. They UNDERSTAND your problems.

- Learn to distinguish between fact and myth
- Find out methods of losing body fat without extra effort
- Discover the latest scientific findings and short cuts to losing weight AND KEEPING IT OFF!

Weight Loss Success Stories

- A CEO of a public company lost his target 10 kgs in ten weeks.
- A size 22 woman in her mid 20's became a size 14 in only 5 months.
- A female advertising executive went from size 16 to size 10 in eight weeks.
- A 28 year old I.T. executive lost 10 kgs in 12 weeks!



“It's never too late to be what you might have been.”

'I wouldn't have dared believe I could change myself so dramatically - I feel great, full of energy, I'm doing things I never could before... its changed my life!'

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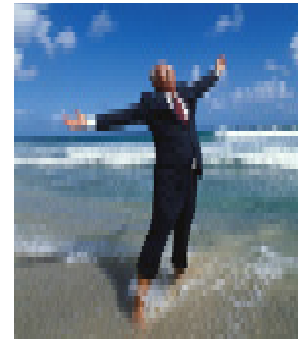
Fitness Success Stories

- Hobbyist triathlete blitzed his personal best
- Recognition in the Body-for-Life physical challenge
- Corporate City To Surf team broke all expectations 1999
- Unfit police woman, passed Police Fitness with merit
- Mild autistic teenager dramatically improved motor skills
- Netball team from southern suburbs improved team

Cutting Edge Organisational Well Being: Advice & Services

Many companies are recognising the productivity improvements associated with fitness for their employees.. Fit Too Travel has significant skills in...

- Corporate Well Being Programs that reach ALL STAFF, not just the fit ones, and that positively effect trade partners and even shareholders! - a corporate wellbeing package for companies who want to reach 100% of their staff, improve employee morale, and positively influence return on shareholders' funds.
- Corporate Fitness Policy Development
- Set-Up and Supervision of Corporate Gym Facilities
- Selection and installation of gym equipment
- Recruitment and supply of fitness personnel
- Executive Personal Training
- Group fat loss courses
- Executive lifestyle programs
- Company sporting team training
- Health/fitness and fat loss presenters
- Sales convention activity programs
- Public speakers
- Fitness assessments, safety procedures, etc.
- Special Projects



You can look and feel better than you have in years!



Help your company sporting team to victory!

SPECIALISED CAPABILITIES

- FTT Injury Management - Back to work programs
 - FTT Residential - Assisting developers install gyms
 - FTT Golf Fitness - Bio-mechanical improvement
 - FTT Life Coaching- Coaching Fitness Success
- ... and we can work closely with other medical and training professionals!

'I never realised how great life could be , how good I could feel, how much energy I could have!' - FTT Client

Price List



Every first session with FTT carries an **UNCONDITIONAL, MONEY-BACK, SATISFACTION GUARANTEE**



Prices include GST

CASUAL RATES

Casual Personal Training session (1 hour session)	\$77.00
- Extra clients, per person (up to four people per session)	\$27.50
Life Coach (40 minute session - Coaching Fitness Success)	\$120.00
Specialised Expert/Executive Mentor hour, from	\$120.00
Groups (Aerobics, Circuits, Boxercise, Step, Aqua-aerobics, Yoga, Tai Chi, Running, Track & Field, etc.) from.....	\$110.00
Massage from	\$110.00
Casual Golf Fitness (SRS biomechanics program)	\$88.00
Group Golf Fitness sessions (minimum 6 people, maximum 12) per person	\$27.50

PACKAGES

Routine Builder Package: 12 session programme (to be used within 4 weeks) Save \$38!	\$886
Firm Commitment Package: 21 session programme (to be used within 7 weeks) Save \$77!	\$1,540
Body Reshape Package: 35 session programme (to be used within 12 weeks) Save \$154!	\$2,541
Miracle Transformation Package: 44 session programme (MUST be used within 15 weeks) Save \$308!	\$3,080
Executive Maintenance Package: 52 session programme (MUST be used within 15 weeks) Save \$462!	\$3,542
THE BIG BROTHER TRAINER: Supervised 7-day a week activity & nutrition program	\$3,234/week
THE BODYGUARD TRAINER: Live-in, INTENSE supervised 7-day a week activity & nutrition program.....	\$4,851/week
LIFE COACH ADD-ON (min 4 x 40 minute sessions) each.....	\$110.00
LIVE YOUR LIFE: Life Coaching Program (12 x 1 hour sessions).....	\$2,200.00

TERMS

All Services: Payment in advance, with first session subject to an unconditional, money-back, satisfaction guarantee.

Delinquent Accounts: Overdue accounts will be subject to a 1.5% per month levy and, if debt collection charges are necessary, they will be passed on in full.



Trainers right across Australia



Operating in all Capital cities. P.O. Box 804, Kings Langley NSW 2147
 Tel: 1300 36 88 52 or 61-2-9674 9733 Fax: 1300 36 88 53 or 61-2-9674 9744
 Email: enquiries@ftt.com.au

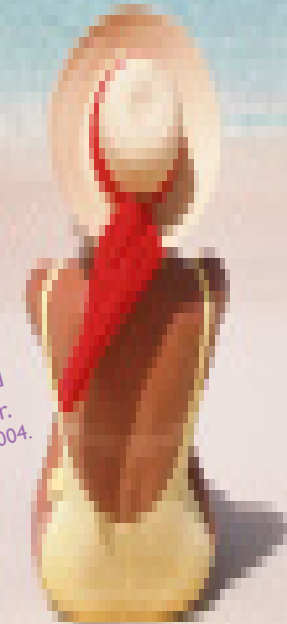
SEE OUR WEB SITE: www.ftt.com.au



FIT TOO TRAVEL

**Your solution
to Health &
Fitness. Anytime.
Anywhere.**

PERSONAL
TRAINING
WORKS!!!
Only 25% of people
who workout get
results, BUT...
90% of those used
a personal trainer.
Source: Idea Survey 2004.



"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

- Hippocrates