

Are You Ready To Reverse The Negative Effects Of Aging So You Can Lose A Little Weight, Get Your Fading Energy Back, and Finally Feel Like Your Younger Self Again?

What We Offer...

- **One-On-One Personal Training** in our studio in Port Sydney
- **Nutritional Guidance**
- **Remote On-Line Training**
- *Do-It-Yourself: with our "Lean-And-Strong Body-For-Life" Program.*
- **Innovative Online and Offline 24/7/365 Coaching**
Ongoing support to maximize the success of Your fitness/weight-loss Program!
- *For more info : visit our website!*



If You Feel Like Mother Nature Has "Flipped a Switch" That's Suddenly Draining Away Your Energy, Making You Feel Tired Most of The Day, Causing You To Pack On a Few Extra Pounds, And Sucking Away Just Enough Of Your Strength To Make Your Normal Daily Activities Harder Than They Used To Be...

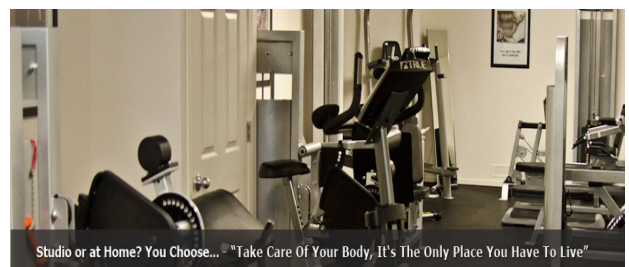
If you recognize yourself in what you just read...

If you did, feel assured that you're not alone. But regaining control of your body and getting back the strength and energy you had 10, 20 or more years ago is possible!

Even if you are disappointed in yourself after trying so many times to get back into shape.....

Start Today Reversing The Negative Effects Of Aging.

Call or email us today to schedule Your Free Consultation!



Studio or at Home? You Choose... "Take Care Of Your Body, It's The Only Place You Have To Live"

Testimonials... read what our clients say.....

I am more confident as I handle each day and I enjoy the feeling of well-being. I feel physically stronger. I had a bad fall on the ice last winter and I was happily surprised that I didn't injure myself. My mind is more alert.

Gunta Towsley (70)

I absolutely feel more energetic. I feel great when interacting with the grandchildren. I believe my golf game is much improved due to more stamina and flexibility.

Det Schumacher (69)



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**Facebook: In-Home
Personal Trainer
Port Sydney**

"I wanted to lose some weight and put some time and effort into my physical well-being. Everything in your workout studio is neat, clean and well maintained needs. I have lost weight, I feel and look stronger and I have more energy. It has also helped my golf and curling games!"

Rick Wearing (55-60)

"From the first free consultation session throughout the following workout sessions, Patrick and Denise have been nothing but professional and genuinely interested in the betterment of my health. They are extremely knowledgeable and every session offers much more than a physical workout. Mental and nutritional training is an integral part of their philosophy and personal encouragement is always given. I am steadily regaining some of the lost strength, so that I can continue to enjoy a healthier and more vibrant life in the years to come. I have noticed an increased energy level – a loss of the sluggishness that was overcoming me at my desk job. I highly recommend Patrick and Denise for anyone"

Shea Greenleaf (51)

"Our independence was at stake! What was missing as we grew older was our strength – in Muskoka, there's so much to lift, shovel, push, and heave and we didn't want to hire someone else's muscles"

Morgan Earl and Wilma Perry

I was diagnosed with osteoporosis but was told by the doctor that strength training along with proper diet could reverse this to good bone health/density. Also after many years of being on blood pressure medication I recently was taken off of the drug. Both my husband and I go for training and together we stay on track to eat properly/healthy" !

Stephanie Braithwaite (67)