

# Jodie Webster

PERSONAL TRAINER • NUTRITIONIST

## Face to face and online coaching with Jodie Webster



### *What you get*

A healthy approach to improving your health and fitness, changing your body composition, increasing strength for every day life. Weight loss, weight gain, body fat loss, more muscle, changing your body shape, I can provide the education and support you need to achieve this.

My coaching includes personal fitness training, face to face, in the gym where I guide you through sessions helping you to improve your performance. I monitor your movements and technically correct your exercises from the ground up. I'm not just a rep counter or a boot camp screamer. By improving the WAY you move and lift weights, I can help you to safely improve your strength and body shape.

My online coaching includes everything a face to face clients gets, minus the in-person aspect. While both forms of training are effective and require you to bring your own motivation, online coaching requires a higher level of motivation as you will need to complete your training in your own time.

I'm a naturopathic nutritionist. I like to guide my clients through a healthy approach to food while teaching them how to eat according to their goals. Over the years I have tended to move away from the 'only eat healthy food' slant to 'eat mostly healthy but include treats that you love' method for weight management and lean muscle growth. Yes, you can lose

weight and still eat your favourite chocolate brownies. Please note, I am not a Dietician. I do not diagnose and treat diseases.

My coaching includes lifestyle management support. Your results will be greatly accelerated if you ensure good sleep patterns, stress management and increased general activity outside of the gym each day. All clients must ensure they achieve their step count goals, monitor their sleep and manage stress. Neglecting to pay attention to these lifestyle factors will greatly limit your fitness and body composition results.

I'm passionate about my work and I strive to offer a premium quality service. I do not offer a quick fix. My work is about educating my clients to understand what they must do to ensure long lasting results. I empower YOU to know what to do with your health and fitness instead of needing to rely on me for the rest of your life. I ask that you view this as an educational journey and not just a 12 week process, but rather a 12 month or 12 year investment in your health. Your training, nutrition and lifestyle goals are specifically tailored to YOU. There are no cookie-cutter, one-size-fits-all programs here.

If you have your own training agenda and you're after a trainer to simply tell you to work harder/lift heavier/move faster, or if you just want the training and not the nutrition and lifestyle management (as mentioned above) then I am not the coach for you. What I do, WORKS. If you follow my methods you will see results. If you miss sessions, don't achieve your step count goals, neglect your sleep and stress management health and you don't eat the right amount of food, your results will be very slow and possibly unreachable. It's up to you. You can have the best trainer, the best programs, the best nutrition plan but if you're not following it, you won't reach your goal. You must be motivated to achieve YOUR goals. Are you ready for this?

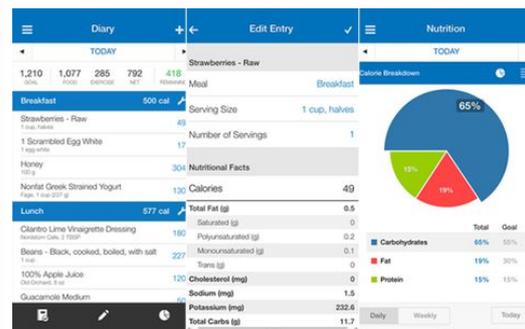
## ***What happens next***

**Step one** – pre-screening paperwork. I'll email you a form to complete. This must be done before we proceed with the next step.

**Step two** – For face to face clients and Sydney based online clients, a meeting at The Juniors Fitness Centre, Kingsford. For online coaching outside of Sydney, I organise this meeting via Zoom. Over about 60 minutes, we discuss in detail your health and fitness history, the nutrition, lifestyle and mindset approach that you'll need to adopt to make this work. We determine if you're comfortable to go ahead with my coaching process as it may not suit everyone, and that's ok. The coach/client relationship is based on trust, this must be established in this meeting in order to confidently go ahead.

**Step three** – I develop a training and lifestyle plan to suit you and your goals. I ask that you commit to an initial minimum 12 weeks coaching. This provides enough time for physiological and psychological changes to occur in order to achieve a good result. I do not promise quick fixes. Everyone's result will be different depending on how ready and prepared they are from the start and how committed they are to the process as the weeks go on. Some will achieve the results they want in 12 weeks, in reality most take longer especially if this is a significant change to your current lifestyle.

**Step four** – we begin coaching. Your programs are loaded into Trainerize phone app that you will use on your phone. Face to face sessions are completed with me using Trainerize, the rest of your sessions (as well as online only clients) you'll be required to complete using Trainerize yourself. You will also be required to complete a nutrition diary EVERY DAY using My Fitness Pal. If you are not comfortable tracking your food intake please take some time now thinking about this and becoming familiar with using My Fitness Pal daily. If you are currently under strict guidance from a qualified dietician and you are not able to track your food, please let me know so I can work with this.



**Ongoing** – weekly check ins via completing a biofeedback form (using Google sheets), education, access to my closed Facebook group, reading my weekly emails, regular alterations and changes to your program, nutrition, step count, cardio.

**Step five** – exit/maintenance strategy. Processed prescribed to help you maintain your result in a healthy and sustainable way.

## FAQ's

### Can I just train with you fortnightly instead of weekly?

No. I'm my experience and honest opinion, in the past those who have only wanted fortnightly training have not followed the program as they are less accountable. They do not achieve the results they want and it becomes a waste of time and money for them. In the case of clients who have been training with me weekly for a long period of time, dropping down to fortnightly training is an option, but not for new clients. In these cases, the non-face to face week becomes an online coaching week at a slightly reduced cost.

If cost is the reason you might want fortnightly training, then there are plenty of budget trainers out there to choose from.

### Do you write nutrition/meal plans?

I prefer not to as they are too rigid and adherence is very low, therefore results are not achieved. Rather, I educate people on how to eat according to their own food preferences while sticking to a calorie and macronutrient limit suited to their goals. Simply eating healthier food does NOT guarantee weight loss. Healthier food is better for your health, yes and is generally less calorie dense, but you can still gain weight eating healthy.

I like to encourage an 80/20 guideline. Eat 80% healthy (vegetables, salads, lean meats and vegetable-based fats) and 20% yummy treats (chocolate, ice cream, sweets, etc). I calculate your calorie goals according to the goal you wish to achieve and I educate people on how to effectively use FREE phone apps like My Fitness Pal. This is by far the most accurate effective and healthy way to achieve a weight loss goal. You will need a set of kitchen scales to do this properly.

### **Can I just have the training program without all the rest?**

No. Just doing the training without addressing nutrition and lifestyle will not give you great results. There are plenty of budget trainers to choose from who can just train you and take your money.

### **What am I expected to have if I decide to do coaching with you?**

*A food scale* – you must be able to weigh and measure your food. This is a great education to be able to understand serving sizes when you're eating out. For the purposes of my coaching, this is not negotiable.

*An activity tracker* – such as Apple watch, Fitbit, Oura ring, Garmin watch. This is to measure daily steps and also sleep patterns.

*My Fitness Pal* – create an account if you haven't already and start tracking your food intake. The free version is fine, you do not need to pay for the premium version. This is your food diary and your goal is to be as precise as possible.

*Access to a good gym* – You will need standard gym equipment to be able to follow your program. Dumbbells, barbells, cable machines are the basic minimum needed to maximise your result.

## **Communication**

Is critical to achieving your result. During our face to face session, this is your opportunity to ask lots of questions. Outside of our sessions and for online clients, please email or text me. I send out a weekly email with lots of information and ideas to keep you motivated and in the right mindset, I have a Closed Facebook group which I encourage you to be part of. I also post regularly on Instagram @jodiewebsterpt.

I believe it's important to educate yourself on your own health and fitness. I encourage you to read online information, listen to podcasts, read books, experiment with different foods, learn how to cook and prepare food in advance. I endeavour to provide you with as much

information as I can, I keep up to date with the latest research for your benefit, but the more you learn yourself, the easier the journey will be.

## **Pricing**

The initial consult is \$95.

Face to face coaching is \$95 per session.

Online coaching is \$75 per week.

I use a direct debit payment option (from a bank account or credit card). For convenience, this means not having to bring cash to the gym each time. I process a payment after your session. If you prefer, you can pay directly via bank transfer **prior** to your session.

For online clients, I process a weekly payment on the day of your choice or you can pay upfront for 12 weeks in advance.

Your gym visits (fees charged to use the gym) are in addition to this. Face to face clients will train with me at Kingsford, Sydney.

If you are happy to go ahead and are ready to invest in yourself, please let me know and I will send through a form to complete. My mission is to achieve a fantastic result for all clients ensuring results are sustainable long term.

I hope you are my next success story!

Warm regards  
Jodie Webster

