

Testimonials

Karl Swanson - 19

I lost 13 kgs in the first 3mths of working with Jason and achieved my goal of getting under the 100kg mark. He has taught me how to exercise and move correctly and how to choose the right foods to eat. Jason continues to help me towards achieving my goal of being accepted into the police.

Shay Russell - 24

When I started PT with Jason in 2002, I was an overweight teenager with low self esteem. Jason helped me to change my lifestyle through exercise and healthy eating, increasing my energy levels, improving my confidence and losing over 20 kgs.

It was rewarding to see the changes in my body shape, especially the increased muscle definition. Before going to Jason I was told I had knee problems that could not be fixed which prevented me from doing activities I enjoyed.

With Jason's help I strengthened my patella tendons and medial ligaments which allowed me to get back into bike riding and running. Even though I now live in Auckland I still maintain a healthy weight through the lessons Jason taught me, they really are life-long. If you want to learn these lessons, I recommend you see Jason.

Mieke Turnbull-Schreffer - Retired Senior

Jason has been my personal trainer for the past four years, he has helped me attain better mobility and health by being firm with me to start me off and being understanding and supportive when I have had surgery and during my time of personal tragedy.

He has explained what exercises were for and why the foods I eat were good or bad. I would recommend Jason as a personal trainer to anyone.

Paco Divers 07/08 U18 NZ National Surfing Champ, 6th World Junior Surfing Champs

Jason sponsored me over a period of 6months. Providing a gym membership and weekly training sessions. His training methods showed me how to move my body to enhance my core stability, balance, muscle strength, surfing specific fitness and explosive power.

I definitely felt the overall improvement of my performance in the water after training with Jason.

Jan Russell

I first started with Jason because for me, everyday movement was difficult. I had poor posture and I felt tired, sore and stiff. (I couldn't even stand straight against a wall or touch my toes!).

With lots of patience, encouragement and persistence Jason has put me on a path to wellness. This involves a wholesome eating plan, strengthening my core stability, stretching and breathing techniques and movement strategies.

Now five years on, I have dramatically enhanced body awareness, I am stronger and more flexible and have improved balance. I continue to find my sessions with Jason helpful and look forward to attending them each week. Jason has taught me to try different approaches and that it is never too late to change.

What is the Cost?

Individual One on One session.....\$50/hr

Optimal Health & Fitness Programme.....\$300

Includes 6x 1 hour sessions plus 1 free reassessment covering Exercise, Nutrition & Lifestyle Coaching.

Nutrition Programme.....\$150

Includes an Initial 1 hour consultation and two 45min follow up appointments.

***Group/Cooperate options available**

Jason Ruddell - Personal Trainer, Father, Surfer

Dip. Sport & Leisure, CHEK Holistic Lifestyle Coach Level 1,
Surfing NZ Coach,

I have been working in this industry since Mid 2000.

I am passionate about helping people from all walks of life claim their goals. I am extremely confident that with my health industry and life experiences, that I have the skills necessary to help you!

I endeavour to lead a healthy productive life and "Walk my talk" to give my clients a path to follow!



PERSONALISED TRAINING SYSTEMS

What is a Personal Trainer?



**“If you think you can
or think you can’t
YOUR RIGHT!”**

Email jruddz@yahoo.co.nz

Work 09 438 7957 #2

Mob 021 288 8344

www.clmnz.co.nz

**Exercise and Health
Consultant**

What is a Personal Trainer?

A personal trainer is someone who will assist you in achieving your health and fitness related goals. A trainer provides motivation, direction and specific instruction as to the best ways of achieving your goals. I will give you the tools required to create your ideal body.

What is a Holistic Lifestyle Coach?

Holistic Lifestyle Coaching is a program based upon techniques that have helped thousands of people increase vitality, decrease stress and sculpt the body of their dreams. We will look at the underlying causes of disease and stress, considering the body as a "system of systems." Using a coaching model, you will learn how disease and stress are preventable through healthy eating habits, lifestyle management and appropriate types of exercise.

You will understand why every meal, every workout and every late night has a consequence. You will be given tools, such as in-depth questionnaires, detailed exercise programmes and nutrition programmes that are individually tailored to meet your body's unique requirements and get you functioning optimally on all levels.

What can Personal Training Help With?

- Improved Posture and Injury Prevention
- Effective Injury Rehabilitation
- Individual Nutrition Plans
- Weight Loss/Muscle Tone
- Muscle Gain
- Sports Specific Training
- Motivation

What happens in a Personal Training Session?

Your first appointment will begin with a comprehensive assessment procedure that covers:

- Medical History
- Physical Assessment i.e. Height, Weight, Blood Pressure, Body Fat etc
- Flexibility Assessment
- Movement Patterns & Core Abdominal Function
- Posture
- Nutrition
- Performance Testing relevant to individuals specific goals
- Optimal Health Questionnaire.
- Goal Setting

The outcome of this initial assessment procedure will identify your starting points for your journey to optimal health and fitness. We will discuss strategies and together form a plan of attack that will enable you to remove the roadblocks that are standing in your way of achieving optimal health and fitness.

I will construct programmes that work directly on removing those roadblocks and give you the ability to achieve what you've always wanted.

Once your starting points have been established we will implement your first programme. This happens in your second appointment. Correct technique and learning the movements is the focus of your second session.

From here we will discuss frequency of training and establish a weekly and monthly training schedule so that you know what you should be doing and when to do it.

Nutrition

Nutrition plays a major role in all aspects of health and fitness. Just as we all look different on the outside we all have different nutritional requirements as dictated by your bio chemical make up and racial/genetic origins.

With the optimal health questionnaire and a comprehensive food diary we will identify your individual nutritional requirements and I will develop a detailed nutrition plan that will nourish and fuel your body with everything it requires.

My coaching model has 4 main areas of focus

- Physical
- Mental
- Nutrition
- Lifestyle

In each area we will implement programmes and set specific goals and targets for you to achieve. Thus by initiating a range of small changes over different areas of your life you stand to reap the optimal benefits from your time, money and energy invested.

Who can benefit from Personal Training?

I use a Holistic Based Coaching model that is designed to address the specific needs of the individual. Because of this individualized approach anyone of any age and ability level will benefit from my tuition. My client base consists of pre pubescent teens, elite athletes to seniors and everyone in between.



- Reclaim your health and fitness •
- Maximize time and effort •
- Fitness for your desired lifestyle •
- Sculpt your ideal body •



- Smarter injury rehabilitation •
- Streamline eating habits •
- Sports specific programmes •
- Individual nutrition plans •

