

“Thank You For Requesting More Information About 30 Minute Fitness!”

Hello Friend,

Thank you for requesting more information about 30 Minute Fitness Personal training. Whether you're looking to lose some weight, fit into your old clothes again, improve your health and energy, or just want to look and feel your best- I'm here to help.

I provide services at Anytime Fitness in Devens, MA and you can contact me anytime by phone at 978.399.8594 or online through the contact submission form located on my website at www.sarahvarno.com.

Right now, you have in your hands my Fast-Start Health and Fitness Information Packet, with complete information on my programs and client success stories.

I encourage you to sit down and read it- now!

It will give you the motivation you need to get started achieving your health and fitness goals... right away. Then, once you've reviewed the information, I'd like to invite you to take advantage of the complimentary Fast Start Fitness & Nutrition Consultation Gift Certificate I've enclosed for you in this package before it expires.

Simply give me a call at 978.399.8594 and I'll get you scheduled right in. I know I can help you, and I'm looking forward to you giving me the chance to prove it to you!

Train Smart,



Sarah Varno

Owner, 30 Minute Fitness

Questions and Answers About 30 Minute Fitness's Health & Fitness Programs

I know you may have questions about my programs; many people do, so here's some answers to the most frequently asked questions I receive. I think you'll find this helpful.

Q: Your program sounds interesting. But I've tried lots of ways to get in shape in the past and I know there are lots of health clubs, weight loss centers, and other places around town that all say "their program is the best". How are you different?

A: I have a saying around here that "when you train with the best, you don't have to suffer like the rest." Almost all my clients have tried different ways to get in shape in the past. Some of those programs have given them some short term results, most have failed miserably. My program differs from everything else out there because I don't just give you an exercise program, I spend time working with you to cover EVERYTHING you need to get in and stay in shape - once-and-for-all. My programs cover all six areas of fitness including: nutrition, supplementation, resistance training, cardiovascular exercise, flexibility, and coaching. And I guarantee you results- or your money back.

When was the last time someone else offered you that type of guarantee on a fitness program? But don't just take my word for it, read through my client success stories! www.sarahvarno.com . All my clients are/were real people, with busy schedules, just like you. And I've helped them with my program... now I'm ready for you!

Q: I have a VERY busy schedule, and I'm concerned about being able to fit a fitness routine into my life. How can you help me?

A: The majority of my clients all lead busy lives balancing their career and family life. And that's why all have found that having an appointment to workout and fit exercise into their life is very important to making sure they do what's necessary to take care of themselves. If you're busy too, then it's even more important that you DO make time for exercise so you can have more energy and be able to handle the demands of a hectic schedule. I work around your schedule, with training sessions starting as early as 8:30am and going straight through to 7pm at night. Surely, I have a time that we can make work for you. Even if you can only fit 2 sessions a week into your schedule, making time for yourself is important and will be MUCH better than doing nothing.

Q: What if I have injuries or I'm REALLY out of shape (it's been a while since I worked out) can you still help me?

A: Yes, I can. We'll review this in more detail in your introductory consultation and initial fitness assessment, but I make sure to start your program at the right pace for you. Your safety is my first and foremost concern. As a trainer I use specific protocols for working with people with all types of special conditions. I've worked with clients that have had all types of injuries in the past including hip and knee replacements, stroke, heart attacks, MS, fibromyalgia, and more. Please let me know about your specific conditions and I'll let you know how I can help. Also, I offer a Physicians Communication Program to coordinate with your doctor on your program and make sure you get the complete care you need. I'm here to help and be part of your recovery and goal achievement team!

Q: Where do you provide services?

A: I currently work with clients in the the Anytime Fitness center in Devens, MA.

TURN OVER _

Q: How quickly can I expect to see results?

A: That depends on how quickly I can help you integrate the program into your life. Obviously, the more you can follow the program we put together for you, the faster you will see the results you're looking for. The majority of my clients generally feel better and have a LOT more energy within the first couple weeks, begin losing weight and inches in the first month, and will typically lose anywhere from 4-12% body fat after about three to four months time.

Q: What about nutrition? I know that's a big piece of the puzzle to getting in shape and improving my health over the long term. How can you help me with that?

A: Nutrition is a MAJOR piece of getting in shape and improving your health. In fact, it's the foundation of everything when it comes to ramping up your metabolism and getting your body to burn fat and build muscle. I spend a lot of time working with all my clients on this aspect of their program. When we begin working together we'll schedule a special nutrition consult with you to design a nutrition program that works for you. But don't worry, you won't be starved for food or anything like that. In fact, most of my clients end up eating MORE than they used to, but now with healthier choices of foods. It's important that you fill in the voids in what you're not getting from your diet, and always have good nutrition options that are balanced, convenient, and easy to prepare- so you keep your "metabolic fire" burning!

Q: Your program sounds great, but is it expensive? What are your rates?

A: The investment in my program depends on you. I have clients that train anywhere from 2-3 times per week for 12 weeks depending on their schedules, motivation, and budget. But in general the investment ranges from \$600+ per package. I also allow my clients to be a part of my Payment Plan options based on which package they end up purchasing. Keep in mind this is an investment in your health, and without your health... what do you really have?

Q: Ok, this all sounds great and I'm very interested. What's the next step?

A: The next step is to give me a call to redeem your gift certificate and speak with me further about your specific goals and needs. You can reach me at 978.399.8594 Sunday through Saturday. If I happen to miss your call, just leave a message and I'll get right back to you!

30 Minute Fitness Clients Speak About Their Health And Fitness Results!

"For the past eight years I've led a sedentary lifestyle. It left me feeling pretty bad about myself. January 2011, I decided to make a change but had no idea of exactly how to go about it. I joined the Anytime Fitness gym where Sarah trains and what a great decision that was! Sarah works with you to make sure you are successful in getting into shape for a lifetime, not just for a short term fix. She has truly empowered me with a new outlook on my life which I am very thankful to her for. Sarah is driven to help you succeed yet sensitive of the individual needs of each of her clients. There is no cookie cutter training with her 30 Minute Fitness Program. Sarah's training methods are ever changing to keep you from being bored while getting into shape. I love working alongside Sarah! If you are willing to put in the effort, you get results! I'm living proof that her training program works!" - **Michelle Oelfke**

"I have been working with Sarah since February of this 2009. So far I have lost a total of 50 pounds! I owe it all to Sarah and the 30 minute fitness program. I love working out with Sarah, she has given me the motivation, desire and the push I needed to reach my short and long term weight loss goals. Its not like any program out there. Sarah helps you to incorporate her knowledge and know-how into not just a fitness program for you but into a new outlook on life."- **Sarah Fortwengler**

"I joined Anytime Fitness to get in shape and lose weight. I was so frustrated in the fact that I had tried many other outlets to lose weight and it just wasn't working for me. I would lose weight but not enough and never keep it off. I met with Sarah and decided to give her a try to see what she could do for me. Well I have to say that Sarah knows her stuff. She taught me a few things that I didn't know about how and when to eat certain foods and about the how I should be working out. I had pretty much known what to do, but with Sarah's help she turned on what was missing for me. I started losing weight and inches and I feel great. I am happy that I gave Sarah a try because her personal one on one training is what I needed. The key to losing weight is the knowledge of food and your body and how they work together and someone to help you to understand it." **Lisa DaRosa**

"It's definitely been a challenge for me. It's been great for me having a female trainer -I feel that she knows the individual needs of a woman, designing programs to help sculpt, tone, incorporate nutritional guidance and making each session fun and exciting. I'm excited to be participating in her weight loss challenge and know with her guidance I'll be able to reach my goal. She gives me lots of confidence that I need and I'm very thankful for all her continuous help! So Thank you Sarah for being there for me and traveling this journey with me to help reach my goal!" - **Lori Jones**

"I just wanted express to my trainer, friend and inspiration Sarah Varno, the absolute joy, happiness and pride I feel in my new body! I never knew it could be so rewarding to work so hard to achieve my goals! I could not ask for a better gym, staff and trainer to make me feel so comfortable and welcome and help push me thru my challenges! The confidence I have now makes me feel that I will more than exceed my goals. I love the new sense of confidence and strength I have. I would not believe it if someone told me that I would experience so much change in such a short period of time. I would not have been able to achieve any of this without the greatest support system there is! My motivated Marine husband and the drive and knowledge in Sarah Varno. Thank you Sarah!" - **Mariesa Hay**

"30 minute personal training is the best training for people on the go. Now a days everything needs to be fast and this the best way I know too slim down and get fit. Sarah really knows how to help you achieve your goal. Sarah is very encouraging and will help you kept on track. If you need to slim and down and stay in shape this is the way to go. I have been going to her for over a year and have lost weight and gained muscle and flexibility. I hope that everyone will have Sarah for their personal trainer she is the best. " – **Marcia O'Grady**

Fast Start Fitness & Nutrition Consultation Gift Certificate (\$85 value)

Yes! Sarah, I want to redeem this Gift Certificate to:

Schedule my FREE (\$85 value) 30 Minute Fast Start Fitness & Nutrition Consultation.

TOTAL Satisfaction Guarantee

30 Minute Fitness will provide your Fast Start Fitness & Nutrition Consultation on the exact day and time you schedule. I will meet you at the Anytime Fitness center promptly and provide you with extensive, professional guidance for your nutrition, cardiovascular and resistance needs. I guarantee 100% that you will be satisfied with the information, Instruction and expertise provided.

I understand Sarah Varno and 30 Minute Fitness is in demand and that in order to take advantage of this Gift Certificate; I must call or email by the expiration date below.

Your Gift Certificate expires: **21 days from download**

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Alt. phone: _____

E-mail: _____

3 Easy Ways To Redeem This Gift Certificate:

1. Call Sarah Varno at 978.399.8594
2. E-mail your information and preference to sarahvarno@yahoo.com
3. Complete this form and drop it off at the Anytime Fitness center Devens: personal trainers office.