Welcome to JS-PT,

Firstly I would like to thank you for choosing us to assist you with your health and fitness needs. Sharing my passion of living a fulfilling and healthy lifestyle is very exciting for me, and I am committed to providing you the highest quality service to assist you on your journey to a fulfilling life.

Together, we will go through specific goal setting, practice functional and innovative training techniques, along with constant education on both correct nutritional and exercise choices. Consistently performing these three key points will create life long habits that will transform your quality of life and help you accomplish a more superior mind and superior body.

Improvement on your health and fitness is not something that happens overnight. Staying committed and disciplined is vital, and with consistency you will find that the small changes we will make to your lifestyle will equate to a massive difference in your overall wellbeing.

Please find attached other special offers and information that is now made available to you as being part of the JS-PT family. We look forward to starting this journey to superior health with you!

Yours in Health and Fitness,
James Stewart and the JS-PT team