



PERSONAL REVOLUTION

Your Life

Your Potential

**Your Revolution**

A six month life transformation program for overworked executives to restore life balance through health and fitness optimization while maintaining their high functioning career.

-  Internationally educated with **multiple qualifications from Australia and Canada**
-  **Over 15 years experience**, working directly with 100s of clients and facilitated well over 1000 fitness classes
-  We work with executives clients from companies like **LCBO, CBC, Dyson, Apple**
-  In 2016 selected to represent Toronto as an Elite Trainer to provide coaching services for World Trainer's '**Global Elite Trainer Network**'
-  Featured on **blogTO, Global News, Get Out There Magazine**



AUSTRALIAN  
INSTITUTE  
OF FITNESS®

FMS move  
well.  
move  
often

GETOUTTHERE



Nature Care College

dyson

blogTO

LCBO

ACE →  
CERTIFIED

Global >



WorldTrainer

# WHAT IS A PERSONAL REVOLUTION?

**A Personal Revolution** – is to overthrow your old regimes and bad habits and become your true potential self, a version that is fit, healthy, confident and successful.



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## THE PROGRAM IN BRIEF

A six month **Personal Revolution Accelerator** for overworked executives to restore life balance through health and fitness optimization while maintaining their high functioning career. A combination of 1:1 coaching, workshops, live events, workouts and accountability groups creates a unique learning environment and an immersive experience for our clients to experience a Personal Revolution.

# KEY CHALLENGES

In this modern world, most people struggle finding the balance between maintaining a high functional career and their body's health and fitness at the same time. Often by the time they realise this, it's too late, the damage of a neglected self has been done.



**Poor Physical Health** - if you're a high performing professional you're likely leading a more sedentary life than you would like to be. Aches, pains, low energy, being overweight and prone to injury are all too common. Over time and distance, your health can't help but suffer.



**Poor Body Confidence** - As much as you would refuse to admit it, when health and fitness hasn't been at the top of your priority list, your boardroom boldness doesn't match how you see yourself in the mirror. That lack of confidence away from your office could be holding you back in more ways than you realise.



**Poor Personal Health Routines** - Lacking the personal accountability to workout and eat properly means you have no structured plans which incorporate optimized nutrition and exercise into your weekly routine. Without a proper routine you're unable to live the quality of life you deserve.

- **What is the cost to your personal life for not looking after yourself?**
- **What does your future look like if you continue on this path?**
- **Are you currently more likely to get sick or injured?**
- **Are you setting a good example for your kids?**
- **Are you in the relationship of your dreams?**

These are many of the questions that people find themselves asking when those problems are left unchecked.

# WHO IT'S FOR?

- **High performing Individuals** who have focused on their career and other aspects of their life while neglecting their health and fitness.
- **Executives and Business Leaders** who want to optimise their life through enhancing their health and fitness
- **Self Employed Entrepreneurs** who understand in order to achieve your potential you need accountability and a community of like minded people.



**We envision a world where people move past focusing on financial gains at the cost of their physical and mental health. One where all aspects of their life are truly balanced and they gain fulfillment through living a healthy, fit and confident life.**

# 5

# STEP PROCESS TO ACHIEVING A PERSONAL REVOLUTION

Most people only focus on the last 2 of the 5 steps required to create a permanent and lifelong commitment to health and fitness. Only once you've incorporated all 5 steps can you have a complete personal revolution and become the person you've always envisioned.

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*You will never be the best version of yourself until you've had a Personal Revolution.”*



## Clarity

Figure out your Who, What, Why, How to gain a deeper understanding of yourself and discover your short and long term goals.



## Measurement

When you track it you can improve it. Discover the metrics required to track to determine how you are improving and the results you are achieving.



## Discipline

Create positive habits and maintain them through strict routines. These keep you accountable to yourself and the bigger picture, which is to live a balanced, high performing life in all aspects.



## Nutrition

Eat healthy, Live well, Feel great. Only when we fill our body with not only the right ingredients, but the right amount can we achieve the physical and mental states we desire.



## Exercise

Movement is the foundation of life. To run on all cylinders and remain injury free, we need to be exerting ourselves physically through working out and different movement patterns.

# PERSONAL REVOLUTION ACCELERATOR



## WHO WE WORK WITH

- EXECUTIVES
- CORPORATE LEADERS
- ENTREPRENEURS
- BUSINESS OWNERS
- 100K+ EARNERS



## OUTCOME

- PEAK PHYSICAL FITNESS
- PHYSICALLY CONFIDENT
- HIGHER PERFORMANCE IN ALL ASPECTS OF LIFE
- A DEEPER PURPOSE
- IN CONTROL OF YOUR HEALTH & FITNESS



## KEY FEATURES

- LIVE WORKSHOPS
- TOOLS AND PRODUCTS
- FORMAL ACCOUNTABILITY
- COACHING WEBINARS
- 1-1 MENTORING
- WEEKLY WORKOUT PLANS
- ACCESS TO INDUSTRY EXPERTS

TIME FRAME: START ▶▶▶

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▶▶▶ 6 MONTHS

This program is perfect for anyone who recognizes that their health and fitness has taken a backseat for long enough and it's time for a dramatic permanent change in lifestyle.



This is not for someone who is not willing to do the personal work required to achieve a personal revolution.



There has never been a better time to take control of all aspects of your life, and through a Personal Revolution, become the ultimate version of yourself.



When you put your health and fitness first, all aspects of your life become optimised.

**A Personal Revolution is** an exciting but also intimidating idea. Perhaps you've tried taking control of your health and fitness in the past but lost the fight after only a few good weeks. Perhaps you've tried more than once. You want to follow the market-tested process of someone who repeatedly transformed his own life and has created hundreds of personalized battle plans for successful executives and other high-achievers to mount their own revolutions over the past 15 years.

**I'm  
ready  
to**



- **take my personal life and health to the next level.**
- **change the outlook of my future to something positive and exciting.**
- **be full of energy, and stamina while being sickness and injury free.**
- **set a good example for my kids and family members.**
- **have the relationship I've always dreamed of.**

# Case studies Testimonials



**Savera Hashmi**



I had the pleasure of going through Jay's **"Personal Revolution"** program and HIGHLY recommend it to anyone looking to take control of their health and wellness journey.

With Jay's coaching I was able to actually implement things into my life that not only improved the quality of my day to day actions but also increased my chances of reaching my long terms goals (and still going strong!) ...



**Devin Henderson**



I took Jay's **personal revolution course**. I didn't implement everything right away, but took away a lot of learnings. Now that I've started to implement the changes he recommended, I'm seeing some great results. Jay was informative, nice and had a great energy. I'm excited to see the progress I make as I keep following his plan and integrating more of his tips and tricks!



**Carla Smith**



Just completed **"The Personal Revolution"** program and love the guidance and knowledge that Jay was able to provide. I feel really confident at the gym, which makes it so much more fun. After six weeks I lost 12 lbs, 2% body fat, plus 2 inches off my waist and hips. I wasn't really big to start with, mainly I was looking to get back in shape and start gaining muscle; I'm very excited about these results ...

**Yay Jay!**

*Jay Quarmby*  
— PERSONAL TRAINER —  
& FITNESS SPECIALIST



**Jay Quarmby is a personal trainer, life coach, fitness instructor and successful business owner.**

He runs an exclusive training and coaching company called the Personal Revolution where he coaches executives to transform their personal lives through fitness and lifestyle optimization. Jay also owns one of Toronto's top fitness bootcamps, Buns of Steel Bootcamp, through which he's taught over 1,000 classes and helped hundreds of people achieve their own Personal Revolution. He likes to give back to the fitness community by mentoring and training new trainers to help them achieve their own success within the industry. He is regularly called upon for his expertise to advise and test new fitness products and was contracted by Tough Zebra to be the voice and lead fitness coach within their virtual world running app.





*Awards - Winner of Get Out There Magazine Readers Choice 'Best Fitness Program' and 'Best Personal Trainer' in Eastern Canada 2014*



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 @ourpersonalrevolution