



Basics AND Beyond

FITNESS | NUTRITION | REHABILITATION

GettingFit.com

**Why would you trust your
body with anyone else?**



INFORMATION PACKET



Hi!

Thanks so much for requesting our information packet.
Included you'll find lots of information:

- **How we help people,**
- **The results we get,**
- **Pricing,**
- **and a Free Voucher!**

Please read through the material, and feel free to reach out to me directly if you have any questions at all!

Best Wishes,
Dan DeFigio, Director
Cell: 615-604-8533
Email: defigio@gettingfit.com

How We Help People

With **COACHING** and **ACCOUNTABILITY** – the #1 combination for results!

Our personal trainers and nutrition coaches will craft workout programs designed **SPECIFICALLY FOR YOU**, and help **MOTIVATE YOU** and **HOLD YOU ACCOUNTABLE** for staying on track.

My name is Dan DeFigio, and I am the owner and director of Nashville's flagship personal training service, **Basics and Beyond fitness & nutrition**. My team and I help Nashville residents lose weight, get strong, reduce stress, and gain confidence – and have fun while they're doing it!

We want to help you become your very best self. There is no other personal training company with a track record like ours. We pride ourselves in being the best in the business. In fact, that's what everyone is saying (check out all our 5-star reviews!)



KRISTIE



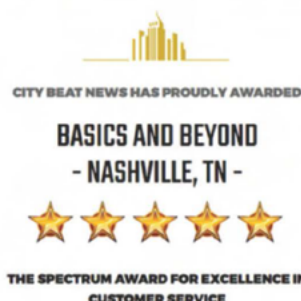
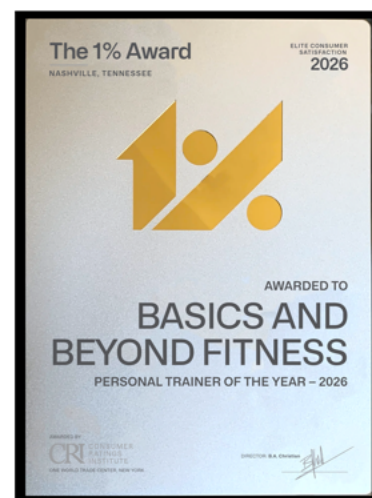
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JB



LIBBY



Why Personal Training Works Better

You're probably investigating personal trainers because you've tried to lose weight and get in shape before, and it didn't work. Consistency is hard, we get it! When life happens, it's all too easy to get derailed and neglect your own wellness.



LACK OF CONSISTENCY is a very common problem that our clients had before coming to us:

- They tried diets.
- They tried big box gym memberships.
- They tried programs from giant corporations like Noom and Weight Watchers.
- They tried detoxes.

They tried it all.
And nothing worked for the long haul.

So here we are.

This yo-yo roller coaster has been exhausting and demoralizing, hasn't it?

It zaps the life right out of us. And each time it doesn't work... well, a bit more of our self-esteem and motivation tanks.

We get it.

We really do.

This is why working with one of our personal trainers is different than all that.

We focus on YOU.

We give you the personalization you need and want to become your best.

We keep you motivated to stay on track.

And we guarantee you'll see results and feel much better if you follow your coach's guidance.

Speaking of results...



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Happy Clients

We can talk all day long about how great we are, but we want to share some of our client's success stories because they are the real stars!

They are no different than you.

And as the saying goes... if they can do it, you can do it!

“

So I'm doing very well - I have dropped a pants size so far, so life is good! I feel great and have lost about an inch from my waist (the stubborn zone) and 2 from my hips, and have dropped about 7 pounds so far. I really appreciate your coaching and expertise. I'm really doing well and so appreciate your help!"

- Nancy Nolan



Holly M. Member Since

★★★★★

Brand new experience (my first time with a trainer). He has been an absolute pleasure to work with. He's checked in on me, and I honestly believe he cares about my success. My workouts are so different that what I had been doing. It's a great change of pace for me. I am thankful to have found such a great team!



Belinda J. Member Since

★★★★★

Angela is my trainer and she is absolutely the best, knowledgeable, patient, funny and enjoyable. Angela is positive and motivates me! Thank you!



Lynn Mc

★★★★★

Dan has provided information and exercises for my lower back pain which have made a HUGE difference in my day to day life. I only wish it had not taken so long to find this place and Dan's guidance. Anyone needing good, sound, safe training should give him a call for a consultation....it's been life changing. =)



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Happy Clients



Mark lost 85 pounds and transformed from Computer Nerd into Badass!



Nikia lost 65 pounds and finished her first 5K!
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Charles Smith



I have had a great experience with the team here. Tim has been a great trainer that has helped me work around some medical issues that I have and I have always felt well taken care of and that I am indeed getting my money's worth haha



Steph B



It was intimidating working with a trainer as someone who is super out of shape. So glad I started working with Jon despite being worried I was a lost cause. Jon has been incredibly kind and so helpful. The value he provides is off the charts. He's easy accessible, very flexible with scheduling, and his workouts will make you feel great for days



Jocelyn J



I can't say enough good things about my experience with B and B fitness and nutrition. After difficult life circumstances threw me into a tailspin this past winter, B and B was instrumental in helping move back into positivity and the flow of life. They are professional, compassionate, and, Best of all, fun to work with (!!!)



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HOW IT WORKS



1. It's my #1 job as the boss to make sure you get exactly what (and who) you need. So the **FIRST STEP** is you and I should have a conversation to talk about your goals, your schedule, your preferences, your medical and orthopedic history, and your budget. You can leave me a voicemail or text message on my personal cell phone right now: 615-604-8533. I'll get back to you as soon as I can!
2. After you and I decide on **WHO** is the best person to help you (and **WHERE**), then your trainer will contact you to schedule your first meeting.
3. All our trainers work by appointment, so you can schedule together however you like. Typically after one or two appointments, the two of you together will have a good idea of what kind of schedule and system will work best for you moving forward.
4. Because we give you **PERSONAL** training and nutrition coaching, there are no Programs, Packages, or Contracts you have to buy, because no one system works for everyone. So hooray, there's nothing to "sign up" for! You can just pay as you go.
5. Speaking of paying, prices start at \$30 for a private half-hour session. We typically offer both 30 and 60-minute appointments, depending on your needs and your schedule. Once again, you and your trainer will decide what will work best for you after you get together a couple times.



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Free Voucher

We hope that you understand how personal training and nutrition coaching is the most effective path to success. Use this \$50 voucher to try it out for yourself!



We Believe in Buddies Too...

Part of sharing what we do is letting your friends and family come try us out for free too! So feel free to bring a friend, co-worker, or family member with you for another free duo workout together!

That'll help us help more people, and if it makes you feel a bit more comfortable then we're all for it. Buddies can help motivate each other.

Just print off this page and bring it in as your voucher when you come in.

That's all there is to it!



Twice as nice, without the price!

Bring a friend with you to your next workout,
and your session together is FREE!



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We Believe in You...

... and we believe in us. We're confident that we are a major upgrade from the rest of your fitness options, so we want a chance to be a part of your journey.

Try us out. There is no risk. No sales pitch. No obligation at all.

Contacting Us

I am glad to talk with you so you feel good about your decision to try us. I'm happy to answer any of your questions, talk over strategies with you, or start the process of getting you set up with your dream coach.



Voice/Text: 615-604-8533



Email: defigio@gettingfit.com

Thanks for reading, I'm really looking forward to meeting you!
Dan DeFigio, Owner and Director

