

My Mission

"Helping my clients reach their individual health and fitness goals through safe, effective, and convenient personal fitness training."

Certifications

Certified Strength & Conditioning Specialist
National Strength & Conditioning Association
www.nscs-lift.org

Health Fitness Instructor
American College of Sports Medicine
www.acsm.org

Education

Bachelor of Science in Health Promotion
Oklahoma State University
www.okstate.edu



Contact Me

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**IN-HOME
FITNESS
TRAINING**

**Reach Your
Personal Goals**

*"I'll Bring My Own
Equipment and Come
to You!"*

JBHOMETRAINING

Why Hire a Personal Trainer?

A personal trainer can optimize your results by prescribing an individually tailored exercise program according to your goals and needs. Personal trainers provide instruction on proper exercise selection, form, frequency, intensity, and progression. You will be more successful at reaching your goals if you have someone to motivate you and hold you accountable to your exercise plan, especially if you invest your money into it.

Benefits of an Exercise Program :

- Increased strength
- Increased endurance
- Improved balance
- Improved coordination
- Weight management
- Lower body fat
- Lower blood pressure
- Improved cholesterol
- Improved glucose tolerance
- Improved immune function
- Increased flexibility
- Stronger bones
- Decreased risk of disease
- Enhanced physical function & independent living
- Decreased anxiety & depression
- Enhanced feelings of well being
- Enhanced performance of sport, recreational, & work activities

Private Personal Training at Your Convenience

No need to worry about making trips to the gym, contract and membership fees, nor distractions from others. It's just you and me. I'll bring my own equipment, or we can use your equipment if you prefer. I want to make it convenient and enjoyable **FOR YOU**. Whether you are 18 or 80, just starting out or experienced, or have a health condition, I can work with you.

- ✓ **Weight loss**
- ✓ **Fitness for Seniors**
- ✓ **Strength, Balance, & Flexibility**
- ✓ **Muscle Tone**
- ✓ **Sport Conditioning**
- ✓ **Nutrition Counseling**



How does it work?

We can setup an appointment to talk about your needs and goals. Then, we will discuss what program and training package will work best for you. You decide how often you want to meet. Each session is 1 hour.

Personal Training Packages:

1 session	\$55
5 sessions	\$260 (\$52 per session)
10 sessions	\$500 (\$50 per session)
20 sessions	\$900 (\$45 per session)

Fitness Assessment

During our first session, I will evaluate your fitness level to help determine your exercise program focus. At any time throughout your training, we can conduct another assessment to monitor your improvements. Your evaluation may include:

- Heart rate
- Blood pressure
- Body fat
- Body girth measurements
- Muscular endurance & strength
- Flexibility
- Aerobic capacity

**Wanting a change?
GET STARTED! YOU CAN
BE SUCCESSFUL!**