

# DROP A CLOTHING SIZE IN 30 DAYS OR DON'T PAY US A PENNY

IT'S VERY EASY FOR PERSONAL TRAINERS TO PROMISE GREAT RESULTS FOR THEIR CLIENTS BUT ANOTHER THING ENTIRELY FOR THOSE RESULTS TO ACTUALLY COME TO REALITY. THAT'S WHY THIS YEAR EVOLUTION FITNESS & NUTRITION HAS DECIDED TO PUT THE CAT AMONGST THE PIGEONS BY PROMISING SPECIFIC RESULTS IN A SPECIFIC TIMESCALE...OR YOUR MONEY BACK!

AT EVOLUTION, WE HAVE PROMISED THAT ANYONE WHO COMMENCES ONE OF OUR PERSONAL TRAINING PROGRAMMES AND DOESN'T ACHIEVE THEIR GOAL WITHIN THE 30 DAYS, WE'LL GIVE THEM THEIR MONEY BACK AND CONTINUE TO TRAIN THEM FOR FREE UNTIL THEY HAVE!

## IF YOU DON'T, YOU SIMPLY WON'T PAY!

OK, YOU'RE PROBABLY SAYING, "I'VE HEARD THIS ALL BEFORE AND IT SOUNDS ALL TOO GOOD TO BE TRUE!" BUT... IF YOU DON'T... YOU SIMPLY WON'T PAY!

THIS IS NOT AN EMPTY PROMISE WE CAN ASSURE YOU! NO IF'S OR BUT'S, YOU WILL ACHIEVE THIS, AND IF OUR PREVIOUS CLIENTS ARE ANYTHING TO GO BY, YOU'LL ACHIEVE A LOT MORE.

SPEARHEADED BY SAM WINKWORTH, A CERTIFIED PERSONAL TRAINER AND SPECIALIST IN PERFORMANCE NUTRITION, HE IS VERY CONFIDENT THAT YOU WILL SEE A RESULT WHEN YOU TRAIN WITH EVOLUTION, OR HE WOULDN'T EVEN CONSIDER MAKING AN OFFER LIKE THIS BECAUSE HE'D STAND TO LOSE A LOT OF MONEY!

SAM WANTS YOU TO BE SUCCESSFUL AND ACHIEVE YOUR GOALS, HE WANTS TO PROTECT HIS REPUTATION BY ENSURING THAT HE GETS YOU RESULTS, AND YES, HE WANTS TO BE ABLE TO KEEP THE MONEY HE'S BEEN PAID FOR TRAINING YOU (WOULDN'T YOU?)

BUT... HE DOESN'T WANT YOU TO PAY FOR SOMETHING YOU'RE NOT GETTING AND HE DOESN'T WANT YOU TO FEEL LIKE YOU'RE TAKING A RISK IN ANY WAY.

## SO HE'S TAKING THE RISK FOR YOU!

THAT'S RIGHT! SAM WANTS TO TAKE ALL THE RISK FOR YOU, AND SAY THAT IF YOU HAVEN'T LOST ANY WEIGHT IN THE 30 DAYS HE PROMISED, AND YOU'VE FOLLOWED

ALL HIS ADVICE, NOT 'SOME' NOT 'KIND OF', NOT 'ALMOST' BUT EVERY SINGLE THING AND YET YOU STILL FAIL TO REACH YOUR GOAL, NOT ONLY WILL HE REFUND YOUR MONEY, BUT HE'LL TRAIN YOU FOR FREE UNTIL YOU DO! YOU CAN'T SAY FAIRER THAN THAT CAN YOU! NO QUESTIONS, NO HARD FEELINGS, AND YOU'LL STILL PART AS FRIENDS!

## WHERE'S THE CATCH?

THERE SIMPLY ISN'T ONE! WHY WASTE YOUR MONEY ON EXPENSIVE HEALTH CLUBS, USELESS DIET PILLS, SO-CALLED 'DIET DOCTORS' OR SLIMMING CLUBS THAT USE A 'ONE-SIZE FITS ALL' APPROACH TO DIETING??? WITH ABSOLUTELY NO RISK INVOLVED WHEN TRAINING WITH US YOU CAN'T LOSE ANYTHING APART FROM POUNDS OF STUBBORN BODY FAT, AND INCHES FROM YOUR WAISTLINE!

YOU SHOULD ALREADY HAVE YOUR HAND ON THE TELEPHONE TRYING TO GET AN APPOINTMENT WITH US... IF YOU'RE NOT, THEN PERHAPS YOU'RE JUST NOT AS SERIOUS ABOUT THIS AS YOU THOUGHT YOU WERE. MAYBE YOU DON'T FANCY THE THOUGHT OF THE TIME, EFFORT AND ENERGY IT'S GOING TO TAKE (JUST BECAUSE WE GUARANTEE IT, IT DOESN'T MEAN IT'LL BE EASY) OR MAYBE IT'S SOMETHING ELSE. BUT HEY, 30 DAYS ARE GOING TO PASS ANYWAY AND ITS UP TO YOU HOW YOU SPEND IT.

WE JUST DON'T WANT YOU TO 'BEAT YOURSELF UP' IN 6, 12, 18 WEEKS FROM NOW AND SAY, 'I SHOULD'VE GIVEN THAT A GO!'

## BUT DON'T TAKE OUR WORD FOR IT!

WHY NOT PHONE AROUND OUR COMPETITORS AND SEE HOW WE COMPARE? WE GUARANTEE YOU WON'T FIND A SINGLE TRAINER THAT WILL ENTERTAIN THE IDEA OF A FULL MONEY BACK GUARANTEE LIKE OURS!

WE'LL LET YOU INTO A LITTLE SECRET! THE REST OF THE FITNESS INDUSTRY HATES THE IDEA OF A FULL MONEY BACK GUARANTEE FOR A RESULTS BASED SERVICE. THEY'RE WORRIED THAT IF THE IDEA CATCHES ON, THEN THEY WILL HAVE TO START DOING IT WITH THEIR CLIENTS AND THEY CAN'T!

YOU'LL NEVER GET A HARD SELL WHEN YOU PHONE

FOR INFORMATION. WE BELIEVE THAT YOU MUST BE READY TO START TRAINING WITH US, NOT SOLD INTO IT. YOU MAY EVEN FIND THAT WE SEND YOU AWAY FOR A COUPLE OF WEEKS TO THINK ABOUT THINGS AND FIND OUT MORE INFORMATION.

## EVOLUTION ARE OFFERING A FREE TRIAL SESSION (NORMALLY WORTH £45) IN THE PRIVACY OF YOUR OWN HOME...

ONE OF OUR MOBILE FITNESS PROFESSIONALS WILL COME TO YOUR HOME AND FIND OUT WHAT YOU'D LIKE TO ACHIEVE .

CALL US RIGHT NOW ON 07817 403 398 TO FIND OUT IF WE CAN HELP. JUST QUOTE 'MOB440' FOR YOUR FREE TRIAL SESSION WITH US (WORTH £45) GIVING YOU THE OPPORTUNITY TO TALK WITH ONE OF OUR MOBILE FITNESS PROFESSIONALS.

ALTERNATIVELY WE CAN TRAIN YOU IN ONE OF THE FOUR PRIVATE STUDIOS THAT WE HAVE ACCESS TO, OR WE CAN TRAIN YOU VIA INTERNET AND TELEPHONE WITH OUR DISTANCE SUPPORT PROGRAMME FOR JUST £75 A MONTH.

## THE "EVOLUTION PRINCIPLES"

NOT HEARD OF THE EVOLUTION PRINCIPLES? DON'T WORRY, NOT MANY TRAINERS HAVE EITHER, WHICH IS A SHAME BECAUSE IF THEY DID, THEY'D BE HELPING YOU GET YOUR RESULTS A LOT FASTER THAN YOU'VE BEEN GETTING THEM.

IT'S OUR 'EVOLUTION PRINCIPLES' THAT ARE THE SECRET BEHIND MANY OF OUR PAST SUCCESSES AND THAT VIRTUALLY GUARANTEE YOU RESULTS IN THE FASTEST TIME!

CHECK OUT

[WWW.EVOLUTIONFITNESSANDNUTRITION.COM](http://WWW.EVOLUTIONFITNESSANDNUTRITION.COM) TO FIND OUT WHAT THEY ARE! YOU'LL BE AMAZED AT WHAT YOU CAN ACHIEVE FROM FOLLOWING THESE SIMPLE GUIDELINES.

CHECK OUT [WWW.EVOLUTIONFITNESSANDNUTRITION.COM](http://WWW.EVOLUTIONFITNESSANDNUTRITION.COM). IT'S PACKED FULL OF VALUABLE STRATEGIES FOR IMPROVING AND ACOMPLISHING YOUR FITNESS GOALS! PLEASE TAKE THE TIME TO SUBSCRIBE TO OUR FREE MONTHLY NEWSLETTER 'R-EVOLUTIONS'.

## CREATOR OF EVOLUTION SAM WINKWORTH CPT, SPN

HAVING WORKED AND LECTURED FOR COMPANIES SUCH AS THE YMCA OF LONDON, LA FITNESS, VIRGIN ACTIVE AND DAVID LLOYD, SAM STARTED HIS OWN MOBILE FITNESS TRAINING COMPANY AS HE REALISED THAT NOT EVERYONE LIKED THE IDEA OF EXERCISING IN A HEALTH CLUB.



WITH A NO NONSENSE APPROACH TO FAT LOSS SAM IS CURRENTLY ONE OF ONLY A HANDFUL OF TRAINERS IN THE UK WHO CAN OFFER AN IRON CLAD, 100% MONEY BACK GUARANTEE ON HIS SERVICES AND SYSTEMS.

SAM HAS BECOME ONE OF THE MOST IN-DEMAND AND EXCLUSIVE FAT LOSS EXPERTS IN THE SOUTH-EAST AND HIS MULTI-DISCIPLINARY APPROACH HAS ATTRACTED CLIENTS FROM ALL WALKS OF LIFE AND ALL BACKGROUNDS INCLUDING ELITE LEVEL ATHLETES, MARTIAL ARTISTS, ACTORS AND MEDICAL PROFESSIONALS.

HE HAS FEATURED ON CHANNEL 5, BBC RADIO KENT AND INVICTA RADIO AND HIS HARD HITTING FAT LOSS ARTICLES HAVE BEEN FEATURED IN BOTH LOCAL AND NATIONAL PRESS MAGAZINES.

HE IS ALSO THE CREATOR OF THE REVOLUTIONARY E.V.O.L.U.T.I.O.N METHOD AND H.I.T & R.U.N SYSTEM- TWO OF THE MOST EFFECTIVE FAT LOSS SYSTEMS IN THE UK TODAY, AND THE ONLY TWO OF ITS TYPE THAT CAN GUARANTEE RESULTS.

IF YOU WANT TO TRAIN WITH SAM OR ONE OF HIS TRAINERS, THEN FIND OUT IF YOU QUALIFY AT:

[WWW.EVOLUTIONFITNESSANDNUTRITION.COM](http://WWW.EVOLUTIONFITNESSANDNUTRITION.COM)

## WHAT DO OUR CLIENTS SAY?

### LOST 1 STONE IN 5 WEEKS

"I'VE LOST 10KGS AND MY BODY FAT LEVELS HAVE GONE FROM 26 DOWN TO 21%."

PAUL - BECKENHAM

### GONE FROM A SIZE 14 TO 10 IN 3 MONTHS

"EVOLUTION'S MOBILE FITNESS TRAINING SERVICE HAS ENABLED ME TO GET THE MOST FROM MY WORKOUTS, MY TRAINER CONSTANTLY ENCOURAGES ME TO COME OUT OF MY COMFORT ZONE."

SARAH - SEVENDAKS

## SOME FREQUENTLY ASKED QUESTIONS...

HOW FIT DO I NEED TO BE A PERSONAL TRAINER? SO OFTEN, WE HEAR PEOPLE SAY "I NEED TO GET FIT TO SEE A TRAINER", BUT THIS IS WHAT WE'RE HERE FOR. WE WELCOME ANY LEVEL OF FITNESS.

I'VE HEARD THAT SOME TRAINERS AREN'T VERY EXPERIENCED OR QUALIFIED, HOW DO I KNOW THAT YOU ARE?

WE ARE ON THE REGISTER OF EXERCISE PROFESSIONALS (REPS) WHICH HAS BEEN SET UP TO HELP SAFEGUARD AND TO PROMOTE THE HEALTH AND INTERESTS OF PEOPLE WHO ARE USING THE SERVICES OF EXERCISE AND FITNESS INSTRUCTORS, TEACHERS AND TRAINERS. WE'RE ALSO FIRST AID TRAINED AS WELL.

HOW MUCH ROOM DO I NEED IN MY HOUSE TO HAVE AN EFFECTIVE SESSION?

IT DOESN'T MATTER HOW MUCH SPACE YOU HAVE IN YOUR HOME. WE SUPPLY THE EQUIPMENT AND WE CAN WORK WITH ANY TYPE OF SPACE FROM THE LIVING ROOM FLOOR TO THE GARAGE OR GARDEN. YOU CAN EVEN TRAIN IN THE GREAT OUTDOORS! YOUR PROGRAM WILL BE EQUALLY EFFECTIVE.



# EVOLUTION

FITNESS & NUTRITION

MOBILE FITNESS TRAINING

## NEED HELP GETTING INTO SHAPE?

OUR FITNESS HOUSE CALLS ALLOW YOU TO GET FIT IN THE PRIVACY OF YOUR OWN LIVING ROOM OR OFFICE WHILE WORKING AROUND YOUR BUSY SCHEDULE...AND YOUR RESULTS ARE FULLY GUARANTEED!

SAM WINKWORTH CPT, SPN  
FITNESS DIRECTOR,  
OWNER OF EVOLUTION

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