

# Move Better for Longer with TJ Transformations



## Functional Patterns + Smart Nutrition = Your Best Self After 30

**Tired of aches, poor desk posture, and generic workouts that don't fit your busy life?**

You're not alone. Most fitness programs ignore the reality of being a working professional over 30. They throw random exercises at you without fixing the root cause of your pain and movement problems.

That's where TJ Transformations is different.

# The Problem With Traditional Fitness



Let's be honest about what you're dealing with:

- **Your body hurts** from sitting at a desk 8+ hours a day
- **Generic gym routines** don't address your specific movement issues
- **You don't have time** for complicated meal prep or 2-hour gym sessions
- **Previous injuries** keep coming back because nothing actually fixed the underlying problem
- **You feel older** than you should, and it's frustrating

Sound familiar? That's because most fitness approaches treat symptoms, not causes.

## How Tom's System Actually Works

As a certified Functional Patterns practitioner, Tom doesn't just give you exercises: he fixes how your body moves. Here's the difference:

### Functional Patterns Approach

Instead of random gym exercises, every movement is designed to:

- Correct postural imbalances from desk work
- Strengthen your body the way it's supposed to move
- Eliminate pain at the source, not just mask it
- Build real-world strength for daily activities

## Nutrition That Fits Your Life

Forget complicated meal plans you'll never follow. Tom creates:

- Simple eating strategies that work with your schedule
- Practical meal ideas for busy professionals
- Sustainable habits, not extreme diets
- Plans that account for business dinners and travel



## What "Moving Better for Longer" Actually Means

This isn't about becoming a fitness model. It's about being the person who:

- **Gets up from their desk without stiffness**
- **Plays with their kids without back pain**
- **Feels confident in their body again**
- **Has energy for what matters most**
- **Ages gracefully instead of fighting their body**

When your movement works correctly, everything else becomes easier.

# Your Transformation Starts Here



Here's what working with Tom looks like:

## **Week 1-2: Assessment & Foundation**

- Full movement analysis to identify your specific issues
- Custom program design based on your lifestyle and goals
- Nutrition framework that actually fits your schedule

## **Week 3-8: Building Better Patterns**

- Corrective exercises that target your problem areas
- Progressive strength training using proper movement patterns
- Weekly check-ins and program adjustments

## **Week 9+: Long-term Success**

- Advanced movement skills for lasting results
- Sustainable habits that stick
- Ongoing support to maintain your progress

## **Why Busy Professionals Choose TJ Transformations**

"This is the only approach that's actually worked for my lifestyle." That's what clients say because:

- **Everything is done online** – train from home, your office gym, or anywhere
- **Programs adapt to your schedule** – not the other way around
- **Real solutions** – fix the cause, not just the symptoms
- **Sustainable approach** – build habits that last
- **Expert guidance** – Tom's Functional Patterns training means you get results faster



## The Investment in Your Future Self

Think about this: How much is it costing you to feel uncomfortable in your own body?

The lost productivity from constant aches. The missed activities with family. The growing frustration with feeling older than you should.

**Personal training for busy professionals** isn't just about fitness: it's about reclaiming your quality of life.

## Ready to Move Better?



### Here's what happens when you book your free consultation:

1. **15-minute discovery call** where Tom learns about your specific challenges
2. **Movement assessment** to identify what's really causing your issues
3. **Custom plan overview** showing exactly how Tom will help you
4. **Clear next steps** – no pressure, just honest advice

**No generic programs. No cookie-cutter solutions. Just functional fitness coaching designed for your life.**

The best time to start was 10 years ago. The second-best time is today.

## Book Your Free Consultation Now

Stop settling for a body that holds you back. Whether you're dealing with chronic pain, poor posture, or just want to feel stronger and more confident, Tom's proven system of **movement coaching over 30** combined with practical nutrition will get you there.

**Your future self is counting on the decision you make today.**

**[BOOK FREE CONSULTATION]**