

About Tom: The Story Behind TJ Transformations



Hi, I'm Tom – and I've been where you are.

You know that feeling when you wake up and your back's already complaining before your feet hit the floor? Or when you're playing with your kids and realise you can't keep up like you used to? Yeah, I've been there. And that's exactly why TJ Transformations exists.

I'm not your typical fitness coach who's been crushing it in the gym since age 12. My story is probably more like yours than you'd expect.

The Wake-Up Call

Five years ago, I was the guy who thought fitness meant hitting the gym hard three times a week, doing the same routine everyone else was doing. I was in my early thirties, working long hours, grabbing lunch at my desk, and wondering why my shoulder always ached and my energy was constantly tanking.

The breaking point came during a simple game of football with some mates. I went to make what should have been an easy turn and felt something tweak in my hip. Nothing dramatic, but for the next week, I walked like I was 80 years old.

That's when it hit me: I wasn't actually fit. I was just going through the motions.



Discovering What Movement Really Means

After that hip incident, I started digging deeper into how the body actually works. That's when I discovered Functional Patterns – and everything changed.

Instead of focusing on how much weight I could lift or how many reps I could bang out, I started learning about how our bodies are designed to move. Turns out, most of us spend so much time hunched over desks, driving, and sitting that we've forgotten how to use our bodies properly.

Functional Patterns taught me that real fitness isn't about building muscles in isolation – it's about training your body to work as one integrated system. It's about moving the way humans are supposed to move: walking, running, throwing, and carrying things efficiently and pain-free.

Within six months of changing my approach, that nagging shoulder pain disappeared. My energy came back. And for the first time in years, I felt genuinely strong and capable.

Why I Started TJ Transformations

Here's the thing that really got to me: everywhere I looked, I saw people my age and older dealing with the same issues I'd had. Back pain, stiff shoulders, constant fatigue, and the slow realization that they weren't as capable as they used to be.

But it didn't have to be that way.

I became obsessed with learning everything I could about functional movement and how to help busy professionals – people with real lives, real jobs, and real time constraints – move better and feel stronger.

The more I learned, the more I realised that most fitness approaches completely miss the mark for people over 30. We don't need to train like 22-year-old athletes. We need to train like humans who want to stay active, pain-free, and energetic for decades to come.



My Philosophy: Movement First, Everything Else Second

At TJ Transformations, we do things differently. While most trainers are focused on making you sweat or lifting heavy weights, I'm focused on one thing: helping you move better for longer.

Here's what I believe:

Your body is incredibly smart. It adapts to whatever you ask it to do most often. If you sit hunched over a computer all day, your body gets really good at sitting hunched over. If you train it to move well, it gets really good at moving well.

Pain is usually your body's way of telling you something's off. Instead of working around pain or pushing through it, I help you figure out why it's there and fix the underlying movement pattern that's causing it.

Fitness should fit your life, not control it. You don't need to spend two hours a day in the gym to feel great. You need smart, targeted movement that addresses the specific challenges your lifestyle creates.

Nutrition doesn't have to be complicated. As busy professionals, we need eating strategies that work with our schedules, not against them.

Who I Work With (And Why)

I specialize in working with professionals between 30 and 50 who are starting to feel the effects of their busy lifestyle. My typical client is someone who:

- Sits at a desk for most of the day
- Has noticed their body doesn't feel as good as it used to
- Wants to stay active and capable as they age
- Values quality over quantity when it comes to exercise
- Needs something that fits into a packed schedule



These are people who understand that investing in their health isn't vanity – it's necessity. They want to be able to play with their kids, keep up with their hobbies, and feel confident in their bodies for years to come.

How I'm Different

I'm not going to lie to you and say I have some secret formula that no one else knows. What I do have is a deep understanding of functional movement patterns and a realistic approach to helping busy people implement them.

I focus on movement quality over everything else. We start with the basics – how you walk, how you breathe, how you get up from a chair – and build from there.

I understand your constraints. You're not a full-time athlete. You have work deadlines, family commitments, and a life outside the gym. Everything I design works around those realities.

I keep things simple. You don't need 47 different exercises or a complicated meal plan with ingredients you can't pronounce. You need clear, actionable strategies that you can actually stick to.

I'm in this for the long game. I'm not interested in helping you get quick results that disappear in three months. I want to teach you how to move and eat in ways that will serve you for decades.

My Approach: Functional Patterns Meets Real Life

My coaching is built around three core pillars:

Movement Restoration: We start by identifying and correcting the movement patterns that are causing you problems. This usually involves undoing years of sitting, hunching, and moving inefficiently.

Functional Strength: Once you're moving better, we build strength in movement patterns that actually matter – walking, carrying, reaching, rotating. The kind of strength that makes everyday life easier.

Sustainable Nutrition: I help you develop eating habits that fuel your body properly without requiring a PhD in nutrition or hours of meal prep every weekend.



What Working With Me Looks Like

I keep things straightforward. We start with an assessment to understand how you're currently moving and what your goals are. Then we create a plan that fits your schedule and addresses your specific needs.

Most of my clients work with me remotely, which means you can train from home, your office gym, or wherever works best for you. We check in regularly to adjust the plan as you improve and as your life changes.

The goal isn't to make fitness your hobby – it's to make movement a natural, easy part of your daily routine that keeps you feeling great.

Looking Forward

I started TJ Transformations because I believe everyone deserves to feel strong, capable, and pain-free in their body – not just when they're young, but throughout their entire life.

If you're reading this and thinking "this sounds like exactly what I need," you're probably right. The question isn't whether you need to move better – it's whether you're ready to do something about it.

The good news? It's never too late to start, and it's probably easier than you think.

Ready to transform how you move and feel? Let's talk.