



## Transformative Health & Fitness Coaching for Executives

The **Gold Executive Membership** offers you direct, ongoing access to two world-class personal trainers and coaches, **James Gleeson** and **Troy Reneker**, including **two 45-minute video calls each week**. This exclusive program is designed to provide a bespoke coaching experience tailored specifically to your unique needs, built upon a foundation of personal connection and trust.

### A Personalized Connection

At Future Impact Fitness, our philosophy centers on developing a **multi-layered, personal connection** with every client—a process we have honed over decades while working with hundreds of individuals. This connection is essential to creating a coaching system that truly aligns with your health and fitness goals.



## How We Connect

### 1. 1:1 Video Calls

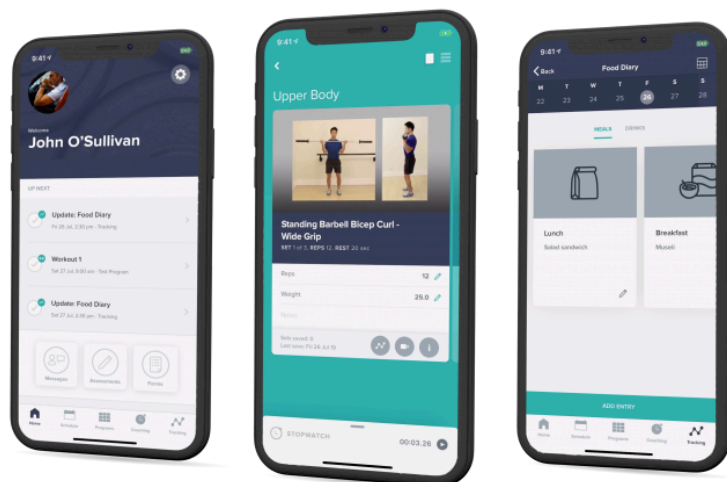
Regular, face-to-face video calls are the cornerstone of our approach. These sessions foster deeper engagement, allowing us to address personal health matters in a way that goes beyond surface-level discussions.

- **Why Video Calls Matter:** Seeing and speaking directly with you enables us to establish an emotional connection that builds mutual trust—trust in our expertise, our standards, and our integrity.

### 2. 24/7 Access Through the Future Impact Fitness App

Beyond live video calls, you'll have constant access to us via our app, where you can communicate with us via text, audio and video, ensuring you're supported every step of the way.

## Future Impact Fitness App: Always Within Reach



The app is your direct link to us and your health journey, featuring powerful tools designed for convenience and effectiveness:

- **Direct Communication Portal:** Engage with us via audio, video, or text anytime.
- **Customized Training Programs:** Personalized weight training and mobility plans with detailed, multi-angle video demonstrations and progress tracking.
- **Habit Trackers:** Tailored to your unique goals and lifestyle.
- **Adherence Checkers:** Stay on track with progress monitoring.
- **Food Diary:** Log your nutrition with options ranging from simple tracking to in-depth analysis.
- **Progress Recording:** Capture photos and videos to document your journey and receive detailed feedback and corrections.
- **Device Integrations:** Seamlessly sync with your favorite fitness devices.
- **Extensive Educational Library:** Access a wealth of resources, including video lectures, PDFs, audio content, and expert interviews on topics such as:
  - Stress reduction
  - Sleep optimization
  - Mobility and agility
  - Nutrition strategies
  - Overcoming mental barriers

- Habit formation
- Psychological strategies for lasting change

## What Sets Us Apart: Experience & Knowledge



This program is more than just a roadmap—it's an **educational superstructure**. Over decades, we've studied the physical, psychological, and emotional dimensions of health and fitness. Our goal isn't just to guide you but to empower you with the knowledge of **how and why** each step works, ensuring your success is not only profound but also sustainable.





## A Comprehensive and Sustainable Approach

The **Gold Executive Membership** leaves nothing to chance. From achieving a lean, pain-free, mobile, and agile physique to mastering the mindset needed for long-term success, every aspect of your health journey is meticulously addressed.

We are fully dedicated to delivering profound and lasting change. This is both our challenge and our promise. Together, we'll help you achieve a future of strength, mobility, and vitality.

## Your Coaches



**James Gleeson**  
Co-Founder



**Troy Reneker**  
Co-Founder







**Thank you!**

