

↓ DISCOVER HOW ↓

THIS EAST BRUNSWICK GYM CAN

TRANSFORM

YOUR BODY

FASTER

THAN ANYTHING YOU'VE
EVER EXPERIENCED!



I want you to picture yourself having a great time with a group of like-minded people, laughing, joking and feeling relaxed. And then you realize that you are covered in sweat, your heart is racing and your adrenaline is pumping, you look around you and everybody else is the same. But this can't be right? Surely you couldn't be in a fitness studio?

But this isn't just any fitness studio.....This is your first workout with the ELITE Fitness Alliance team in our brand new facility. And then you think to yourself, "What the hell have I got myself into?"

Allow me to answer that question for you....

ELITE Fitness Alliance are the leaders in the industry, delivering results driven, fitness training programs to East Brunswick residents.

Our success is reflected purely on the life changing, body transformation that our clients have achieved.

From stay at home moms to busy working professionals, ELITE Fitness Alliance provide a fun workout environment where you can forget about your day-to-day stresses, meet new people and FINALLY look forward to your exercise sessions.

Picture yourself in a studio full of people just like you, who are frustrated with programs that haven't worked in the past, and want to once and for all be body confident.

LET ME INTRODUCE MYSELF...

My name is Brittany Fedun, and I am the owner and founder of ELITE Fitness Alliance. You may have even heard of me...

- I have been featured in local print publications, EBTV and you may have met me at local events.
- I've had my story printed in newspapers and clients featured in social media video testimonials.
- I am the treasurer for the East Brunswick Regional Chamber of Commerce.
- I have been awarded and nominated entrepreneur of the year, small business of the year and Best in Service by the East Brunswick Regional Chamber of Commerce.
- I have successfully organized networking events to support local charities and businesses.



I have spent my professional career aspiring to help people just like you to get out of the rut you have been stuck in; because I know exactly what it is like.

MY STORY...

I was never athletic as a kid. My friends all had something they were good at, a sport or skill that they enjoyed. When they were going to practice after school, I was headed to work. Did that bother me, no, but I was certainly lacking in the confidence department, big time.

One day in gym class the teacher told us we were going to the weight room. Having generally not liked gym class for all the reasons above, I soon changed my tune. The first weight training session we had, I actually enjoyed! I got to be active, work on building muscle, but didn't have to be good at a "sport". This was AWESOME!

Fast forward to my college years, and well, I can't really say I had the healthiest of college lives. The "freshman 15" was real, and so was sophomore, junior and senior 15. I was gaining weight, making bad health decisions and lacking confidence once again. I came home from college one summer and decided to go back to weight training. Get a trainer, focus on my nutrition and get back on track. Little did I know this was the start of something that would change my life!

My formal education was in business (Bachelors and Masters Degrees in Accounting, FDU'07 to be exact) but I always had a deep down love for fitness.

One day, during my 14 year career in accounting, someone asked, what would you do if you hit the lottery and didn't have to work....my answer was, "I'd be a trainer, work for a gym". It didn't hit me for a while, but years later I realized that didn't have to be a pipe dream.

Around the same time, two very big, unfortunate events were unfolding. My otherwise healthy, happy grandfather had taken a very bad fall in his home. He was airlifted to the hospital and we were immediately told he was probably never going home.

We also found out that one of my, again otherwise healthy, co-workers had a fatal brain tumor.

All of this made me realize one thing - life is too short to NOT take chances.

A few months later in the winter of 2016, I found myself at the community college, signing up for classes. I got certified in personal training and later went on to get certified in group training and became a Certified Nutrition Coach as well.

My dream was becoming a reality! I started to train people in need, people who really wanted to change their lives! I was even getting more confidence in myself! Training properly, eating right, feeling great!

Finally, at the end of 2019, I had enough confidence to open my own fitness studio! I had a loyal following, huge potential in my hometown of East Brunswick, and a supportive circle of



friends and family that was actually proud of my accomplishments.

My opening day was January 4, 2020.

Unfortunately, my closing day was March 16, 2020, due to Covid-19.

I was in a state of absolute shock. How could the dream that I planned and worked so hard towards all these years be taken away so quickly? Why? What am I going to do?

Well, I certainly was not going to let a pandemic get in my way.

I stayed true to my hopes and dreams and kept on going. I enlisted the help of two mentors and kept my head held high. It was going to all work out!

While the first studio had to close, we were clever enough to find ways to keep the business going (virtual sessions, bootcamps, outdoors, you name it, we did it). We were still able to serve and grow the fitness community and get results for hundreds of members and clients along the way!

Now, almost two years later, we are ready to re-open a fitness studio in East Brunswick again!



I CAN PROMISE YOU THAT IF YOU HAVE EVER BEEN DISAPPOINTED WITH YOUR FITNESS RESULTS, THIS REPORT WILL BE THE **MOST IMPORTANT MESSAGE** THAT YOU HAVE EVER READ!

THE ONE THAT DESERVES IT LEAST, THE CUSTOMER.

Once again you are left alone, confused and feeling like a failure and the conveyor belt continues...

I am writing this very special report to show you that it doesn't have to be that way anymore!

The most important thing here is that you get results, and this is your first step towards it.

The secrets that I am going to share with you may contradict what you have been told in the past by fitness professionals, but then again you are yet to find anything that works for you yet. It's a fact that 95% of all fitness experts are only producing a fraction of the results that they should be from their clients.

THERE IS A BIG PROBLEM IN FITNESS
NOWADAYS, ALL THESE BIG BOX GYMS
WITH THOUSANDS OF MEMBERS, BOASTING
SWIMMING POOLS AND HIGH TECHNOLOGY
EQUIPMENT ARE FORGETTING ONE VITAL
ASPECT... **YOU.**

WHERE HAS THE PERSONAL TOUCH GONE ?

**CUSTOMER SERVICE & BUILDING RELATIONSHIPS
BASED ON TRUST & SUPPORT ?**

AND THEN WHO IS THE LOSER IN ALL OF THIS ?

**In 5 years I have helped more than
300 clients gain the greatest results
they have ever experienced.**



REVEALED IN THIS SECTION:

You can count on us to guarantee your success and transform your body faster than anything you have experienced before... with these 4 little secrets!

I'M SURE THE SUSPENSE IS KILLING YOU.....

SECRET #1

Almost every self-help book ever written will talk about the critical importance of having a coach/mentor. A coach is an experienced and trusted counsellor or teacher. It's inevitable that you will come up against hard times on your path to losing weight and getting fit. A coach will guide, motivate, educate and support you – so you can easily and rapidly overcome these hurdles. A coach is critical to systemizing your exercise program for maximum results and assisting you in heightening your motivation and strengthening your commitment.

And a coach becomes your **“objective feedback system,”** helping you see, understand and correct the problems that are interfering with your progress. Exercise and nutrition are bona fide sciences and learning everything you need to know on your own can take years of struggle – but not if you have a coach.

SECRET #2

Commonly we associate weight loss with being hungry, boring diet foods and deprivation from good tasting food. The diet starts well but within a matter of days you are so bored (and starving hungry) that everything goes completely out of the window and we revert back to our old habits.

At ELITE we believe you can't just completely and radically overhaul your whole nutrition & lifestyle over night, the trick is to focus on a few key principles and build them in to habits and still allow

OUR INSIDE SECRETS THAT WILL
ACCELERATE YOUR RESULTS,
WHILE REDUCING THE TIME THAT
YOU SPEND WORKING OUT AND
ELIMINATE BORING,
REPETITIVE EXERCISE!!

GET YOURSELF A COACH!!

I have a coach, and if I didn't I would be a hypocrite.

ELITE Fitness Alliance has a team of expert coaches that are here to serve you. We strive everyday to change lives, it's what we love to do, our passion. Every one of us has been in your shoes, we know what it's like to be abandoned on the treadmill in an over crowded gym with no direction. You are left uninspired and your motivation that was so strong just a few weeks ago has all but diminished.

Your ELITE coach will tailor your plan to you as an individual, set you a step by step plan that will lead you to your ultimate goal and provide the accountability you need to stick to your program.

NEVER DEPRIVE YOURSELF!!

for a few of your guilty pleasures, whether that be a few beers/wines, a good meal out, or a chocolate cake here and there!

The truth is 90% of people trying to lose weight begin their diet the wrong way which ultimately leads to failure in the long run. The most annoying thing for people is they're led into believing that because they lose weight quickly for the first 2-3 weeks of their diet this means it's the best diet for them, when in most cases the

reason they lose weight so quickly is because they've lowered the calorie intake to an unsustainable level.

In fact if you're one of those people who can lose 10 pounds in 2-3 weeks but always ends up putting it back on again... the chances are that weight loss is mostly made up of a mix of excess water, body fat as well as muscle loss and not just body fat like you hoped.

SECRET #3

So to lose weight you need to spend hour upon hour in a traditional gym, running on the treadmill, followed by other famous cardio machines such as the rower, bike and X-Trainer. Right?

Nothing could be further from the truth. Muscle is metabolically active tissue. Fat is not. Fat is an energy source for the body, but most people have much more than they need. Fat does not use energy – it is used as energy and a lot of it is left unused. Muscle uses energy. And lots of it!!

The more lean muscle you have, the more fat you burn. And here's the biggest benefit, and why everyone needs to incorporate resistance training in their exercise program: the more lean muscle you have, the more fat you burn...

WHILE YOU ARE AT REST!

You see, that's really the ultimate weight loss and fitness secret. Looking great is not just a function of how much fat you burn when you're working out, because you can only exercise so much in a given week. The real secret is how metabolically active your body is the other 95% of the time.

People with more lean muscle burn fat at a much greater rate than those with less lean muscle. That doesn't mean you have to look like Arnold or Madonna to be an efficient fat-burning machine. But you do have to at least maintain – and preferably increase – your lean muscle tissue. It's easy with a structured resistance training program.

The key is to isolate fat loss, and prioritizing muscle maintenance/gain. This means you may not lose weight as quickly but you'll look and feel better because of it. Not to mention by being a little more gentle with your approach and not cutting your calories as severely you're a lot more likely to stick at it and keep the weight off for life!

Losing 1-3lbs a week for 12-16 weeks is **WAY** easier to maintain than trying to lose 15-25 lbs in 2-4 weeks.

STRENGTH MATTERS!!

SPECIAL NOTE: Women will NOT become “bulky” or “muscle-bound” by incorporating resistance training into their exercise routine. In fact, just the opposite is true. Lean muscle is more compact and firmer than fat. Resistance training will make women smaller, firmer and sexier. Women are not genetically predisposed to adding muscle “mass.”

Men, on the other hand, will gain mass and see exciting muscle growth through the proper use of nutrition and resistance training.

At ELITE Fitness Alliance there isn't a machine in site, instead we utilize the best in functional strength equipment that will teach proper movement, increased strength and lean muscle tone.

Plus it is a hell of a lot more fun than plonking you on the bike for an hour!!



SECRET #4

WE'LL SAY IT AGAIN... ACCOUNTABILITY!!

In a recent study at Virginia Polytechnic University, researchers divided people starting a walking program into two groups. Every week, each individual in one group got a phone call asking how their exercise was coming along, the other group got no calls. At the end of 24 weeks, 45% of the individuals who got the phone calls were still walking compared to just 2% who did not receive calls. The results show that weekly accountability increases the likelihood of sticking to your exercise program by 2200%!

What you've just read is some of the most valuable information you will ever hear on how to lose weight and get fit. And having the **RIGHT** information is critical. But intellectually understanding what should be done, and actually doing it, is two very different things.

The truth is most people can't get a grip on the three essential factors that separate those who achieve real and lasting physique transformations from those who don't. Most people have difficulty with the commitment; don't grasp the importance of progression; and lack the personal accountability to achieve their weight loss and fitness goals.

WHY? IT'S EASY TO CHEAT YOURSELF!!

A combination of your coach and the surroundings of a supportive group of like-minded people around you, who are all striving to achieve the same goals as you means that you will never feel alone again!!



SO NOW YOU HAVE THE SECRETS THERE
IS NOTHING STOPPING YOU FROM GAINING THE
JAW-DROPPING, BODY TRANSFORMATION
RESULTS THAT YOU HAVE TRIED SO MANY
TIMES TO ACHIEVE!!

LET ME INTRODUCE YOU TO SOME AWE INSPIRING ELITE FITNESS ALLIANCE MEMBERS THAT HAVE FOLLOWED OUR **SECRET FORMULA...**





I GUARANTEE THAT IF YOU
FOLLOW OUR TAILORED PROGRAM,
YOU TOO WILL GAIN INCREDIBLE
BODY TRANSFORMATION THAT
WILL SHOCK YOUR FRIENDS
AND FAMILY!!



MEET THE TEAM

TITLE: Owner, Personal and Group Trainer

GUILTY PLEASURE: Binge watching dating shows

FAVORITE MOVIE: Breakfast at Tiffany's

HOW MANY SIBLINGS: 1 sister

INTERESTS: My cats, traveling to warm climates, trying new things

FAVORITE EXERCISE: Tire flip



TITLE: Group Trainer, Yoga Instructor

GUILTY PLEASURE: Eating Luxardo Maraschino Cherries out of the jar

FAVORITE MOVIE: Rear Window

HOW MANY SIBLINGS: 2

INTERESTS: Always learning something new. My favorite topics are learning about foods I've never heard of, tasting new foods, going to foreign food stores while on vacation.

FAVORITE EXERCISE: Headstand



TITLE: Personal and Group Trainer

GUILTY PLEASURE: watching the ID Channel

FAVORITE MOVIE: Pulp Fiction

INTERESTS: football (go Steelers!), Reading, and entertaining

FAVORITE EXERCISE: pushups



TITLE: Personal and Group Trainer

GUILTY PLEASURE: Sweets

FAVORITE MOVIE: Any funny movie

HOW MANY SIBLINGS: 1 brother

INTERESTS: Home design

FAVORITE EXERCISE: Balance exercises

IS THIS RIGHT FOR ME?

First of all, it doesn't matter if you are 18, 40 or 75. It doesn't matter if you are male or female, short or tall, a fitness fanatic or an exercise phobic.

At ELITE Fitness Alliance I am proud to say that we welcome all with no judgment, if you are willing to give us your time then you have got our respect!

As cheesy as it sounds, we are one big family that support each other through our own journey to improved health and fitness.

We all have the same worries when we are starting out something new, Will I be the biggest? The most unfit? The oldest? Will my face turn beet red? Will people laugh at me?

None of this matters.

WHAT DOES MATTER IS...

- You care enough about your own health and fitness to do something about it...
- You have had the strength to take the first few steps towards making a change in your life...
- You are ready to tackle fear head on, to grow as a person and feel the best you have ever felt...
- You are kind and respectful to your fellow ELITE members and bring a spirit of encouragement to the group...
- You are able to leave your ego at the door, no egos, just results...
- You LOVE the idea of being held accountable, because you realize that you will never be as good alone as you will be in a team environment.
- You want to workout hard, get in the best shape of your life and help encourage others to do the same...

WHAT'S THE NEXT STEP?

If you can recognize the value of what I have just said- then this is exactly what you have always been looking for.

Once you have experienced being part of our community and the benefits you will gain, you will never want to go back to a big box gym again.

NOW CAN I GUESS WHAT YOU ARE THINKING...

“How Do I Join And What Are The Costs?”

I want you to know upfront that we offer options of 2-6 sessions per week where some of our memberships are less expensive than others.

I never want to exclude anyone who wants to join our community so it is important to me that we can provide something to suit most budgets. Your sessions may vary in quantity along with our other benefits but you will always receive the same high quality workouts no matter what membership level you choose.

Every membership includes nutritional planning and support and access to monthly progress meetings to measure your success and set you up for the next month.

As you can imagine, and I hope fully understand, with an increased membership comes increased benefits. These are all options that we can discuss when you book in for your FREE consultation.

FREE
CONSULTATION
BOOK TODAY!



REASON #1

ONLY 169 MEMBERS ACCEPTED

ELITE Fitness Alliance is designed for a very small group of only 169 committed individuals who want to see serious gains and improvements in their own health and fitness.

While there are 169 memberships available, to date 97 of these are already taken by our current clients. Act quick to secure one of the remaining spots.

It is vital that I can maintain the level of high quality, individual care to each and every member. Accepting more than this amount of clients would only compromise the level of service that we offer.

To me it's not Quantity it's Quality.

REASON #2

YOU CAN'T JUST ROCK UP

Anyone can apply to become a member at ELITE, but it doesn't necessarily mean that you are ready for this level of opportunity right now.

Accepting individuals that are not in the right mindset will only bring negativity to workout sessions, and that's when it can start to effect the experience of other members.

Unlike pay as you go fitness classes, you can't just rock up when you feel like it. In my opinion, it is impossible for me to get results from these people and as you already know that is my main objective.

To achieve results you must set goals that fit around you specifically, which means that I need to know YOU. To measure success we have to track progress, how can this be done if you haven't taken advantage of your initial assessments?

Those who can't see the value in what we do and bring negativity will be happier at a big box gym... And to be honest that suits our clients as well!

I AM FULLY AWARE THAT OTHER GYMS AND PERSONAL TRAINERS ARE CHEAPER, BUT YOU KNOW AS WELL AS I DO THAT YOU GET WHAT YOU PAY FOR.

THE VALUE THAT WE OFFER TO CLIENTS IS ABOVE AND BEYOND ANYTHING ELSE YOU WILL FIND, AND HERE ARE THE REASONS WHY.....

Before I started out on my fitness journey, I was really unhappy with myself. My self esteem was at an all time low. I kept saying that I was going to make a change and never did. Covid really pushed me to start that change.

Since starting a fitness program, I have lost weight but gained so much more. My self esteem is back. I feel healthier than ever. I look forward to working out and eating healthy.

The program is great! I've never felt more comfortable and accepted in a gym setting before. Working with trainers that are just as invested in your progress as you yourself helps motivate me every day.

If you are on the fence about joining the program, don't be! This program is where you will start to see results happen. This program will give you the guidance you need to get you where you want to go. You will grow strong physically and mentally. It is one of the best decisions I've ever made and it could be one of the best ones you make for yourself.

Jessica D, East Brunswick, NJ

REASON #3

REALIZE THE VALUE OF YOUR HEALTH

I will promise that we will provide you with the highest quality of service that you will ever experience from a fitness facility. That's what you deserve for realizing the importance in investing your own future, for your family, your children and your quality of life.

Our prices ensure that only those that are the most serious-minded individuals are reaping the rewards of our services.



I hope that this isn't taken in the wrong way, it certainly isn't meant to be egotistical. But with over 30 sessions running each week to choose from starting at 5am-8pm, 6 days a week there really is no other facility that comes close to providing what we offer.

It is vital that we protect what we have and only take on the most committed and willing individuals into our memberships.

With only 169 spaces, and 97 already being taken there is no room for people that aren't ready for this. We will outgrow our first facility very soon and we know that it won't be long before all of our slots are snapped up!

REASON #4

ONLY THE BEST EXPERT COACHES

It's not an easy screening process to become a member of the ELITE team. This is my baby and I take hiring staff VERY seriously. My background in training in various fitness centres allowed me to experience what only the best level of results and service will do. This is where our level of service originates from, to make each and every member feel like they matter; like a VIP.

Building a team that share my vision has not been easy. I am very lucky and so are our clients to have such motivated and driven individuals that strive every day to help others.

We've all at some point met your typical Personal Trainer, they seem to lack the ability to relate with their clients and the struggles that we all go through. Each and every member of the team can empathize with exactly where you are and have shared their own struggles with health and fitness. We all understand the problems you are up against and deliver expert coaching that is tried and tested to bring out the best in you!

What I like best about ELITE's fitness coaches is that every session never has the same workout programs planned. I learn something new every time I work out. Brittany and her trainers are motivational and innovative...I love how they challenge you and stay positive during every workout. My fitness coach has encouraged me to keep pushing myself and always try something new and challenging. I'll never skip a workout because there is always some way that the trainers can modify an exercise if you have an injury or any other physical ailments. I highly recommend you joining because there are not any regrets! I lost my gut and gained a butt as well as so much more! I feel amazing and strong. I can't wait to see what I look like in a few more months from now. You will not want to miss a workout!

Heather D, Old Bridge, NJ

I WANT TO SECURE
A SPOT FOR YOU NOW...
AND HERE IS HOW...

WANTED

ONLY **169** EAGER, DETERMINED EAST BRUNSWICK RESIDENTS, WHO ARE FRUSTRATED WITH PROGRAMS THAT HAVEN'T WORKED IN THE PAST...

TO JOIN OUR EXCLUSIVE ELITE FITNESS ALLIANCE COMMUNITY AND FINALLY GAIN THE BODY TRANSFORMATION YOU HAVE ALWAYS DREAMED OF!! PLEASE DO NOT MAKE THE MISTAKE THAT SO MANY OTHERS DO, I URGE YOU TO SECURE YOUR SPOT TODAY!!

ELITE Fitness Alliance announces it's newest location in East Brunswick, New Jersey and we are inviting you to become one of only 169 members that we are allowing to join our exclusive community of hard-working and determined individuals.

If you aren't one of the lucky ones then you will have to resolve to be happy with a generic, over-crowded gym membership. Where you will most probably be abandoned on a treadmill, left to work things out for yourself, with no expert coaching and very limited results.

SO, COME AND JOIN US WON'T YOU? ALL YOU HAVE TO DO IS SAY "I'LL FIND OUT FOR MYSELF".

I understand that after years of trying different programs that have failed, you may feel a little skeptical. That's why I want to invite you to come down to the studio for a no hassle and no pressure consultation with one of my expert coaches.

And do you know the best part?

It's absolutely free. It's a great opportunity for you to come in and see some of our clients at work,

we will answer all of your questions and advise you of the best program for you. Don't miss out, lock down your space now!



Brittany Fedun

OWNER ELITE FITNESS ALLIANCE

CLICK HERE TO BOOK YOUR
FREE CONSULTATION

FREE CONSULTATION