



Remote Mission Health

Your kickstart to a
healthy lifestyle.

— Jessica Rescina



Meet your coaches

Hey there! Chris and Joey here!
We are super pumped you want to
take this journey with us.

We both got into fitness young (Joey
is still young lol) and we have
maintained healthy habits and now
wish to inspire others!

Chris has coached quite literally
600+ people in his time as a trainer,
and Joey has already solidified
himself as someone who puts people
first and has a desire to grow and
adapt!





The drive behind Remote Mission Health

I wear a lot of “hats” and with so many different roles in my life it can be tricky to balance.

I found that this was the same for ALL of my clients. I tried starting an in-person personal training career and one of the biggest objections I ran into was
TIME.

Everyday people don't have the luxury of working at a gym or the time to commit to 1-2 hours per day towards their workouts.

This made my clients goals just turn into a pipe dream. But not anymore. I started mission health to afford everyday people the opportunity to take control over their fitness journey.

~~Supplements
Crash diets
Gym Required~~



How does the challenge work?

1. Fill out our Google form
2. Join our online community on Facebook
3. You will get an email from My PT hub to register your account to get access to the app
4. Upload initial photos into the PT hub before beginning the challenge
5. I will setup 3 goals to hit over the next 2 weeks.
6. Complete the assigned workouts as you are able to
7. Check in with me daily and I will readjust your goals as needed
8. At the end of the 2 weeks you will upload another set of photos
9. We will setup a time to talk via telephone and go over your results!
10. If I feel like you are a good fit for the team, I will invite you to join!



Facebook Group

- Online community of supportive and like minded individuals working towards the same goals
- Daily interaction posts
- Weekly Facebook LIVE calls where we discuss a new topic every week and open up for questions
- Get inspired by other people and their stories



WELCOME TO...
PLATINUM FITNESS

REMOTE MISSION

HEALTH

HEALTH AND WELLNESS — FROM ANYWHERE





PT Hub App

- 2 weeks worth of in-home or gym workouts
- Video tutorials and instructions for all exercises
- 24/7 access to a personal trainer
- Upload progress photos
- Easily track weight
- Pair to fitness trackers and apps like your Apple watch





3 Simple Goals

- We will discuss your estimated current protein intake and create a protein goal based on the information provided
- We will discuss your current estimated activity and create a step goal based on the information provided
- We will discuss your estimated current water intake and create a water goal based on the information provided
- We will have daily check ins where you message me your results for that day and we will adjust your goals based on your progress





What happens at the end?

- At the end of your 2 weeks I will have you upload another set of progress photos
- We will setup an appointment for us to talk and go over results
- If I feel like you would be a good fit for my team I will invite you to sign up for our membership on our website

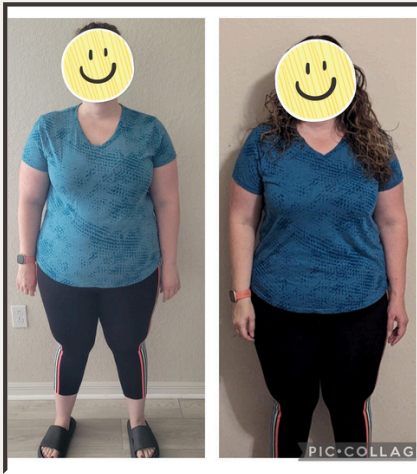




Results

- Since July 2023 we have had over 80 participants in the challenge
- On average our challenge members lose between 3-6 pounds within those 2 weeks
- Many members have noted an increase in energy, feeling stronger, feeling more confident, feeling more aware about what they are eating, sleeping better and more!







Ready to start your
journey?

3 easy way to get started:

1. Find the Remote Mission Health Facebook group and request to join! Check your messages (spam folder too) as I will send you the Google form to complete.
www.facebook.com/groups/pfrmh
2. Send me an email to
azplatinumfitness@gmail.com
3. Call us at 520-290-8000 and we can chat over the phone!

≧ *Let's* ≦
START