



**SEND ME AN EMAIL IF.....**

## **YOU WANT RESULTS YOU CAN SEE**

Stop settling for something less than what you deserve. As the saying goes, "seeing is believing." No magic pills or pixie dust LOL! I sell no supplements you have to buy, and no requirement to work out 5, 6, or 7 days per week. With nearly 40 years working with and helping real people see real results, my coaching approach will make you believe that you can look and feel better than you ever thought.

**YOU WANT CLEAR ANSWERS and an understanding of what/why you're training/nutrition is what it is. I'm all about education.**

Are you confused by constant changes in training, exercising and nutrition or jargon-filled or fad type recommendations? You're not alone. I'm all about educating my athletes/clients so that you understand what will work for your body. Less stress, more clarity, and less wasted money on fad diets/exercises and supplements you don't need.

## **YOU ARE READY FOR LONG-TERM SUCCESS**

It's time to stop believing you can change your body in 4 weeks. It won't happen as you can't undo years of neglect through poor nutrition/exercise in only a couple of weeks. But 3 - 6 months? Big things can and will occur if you commit. It's time to decide: do you want smoke and mirrors, or real change that can transform your health, physique, strength and your entire life?

**PATRICK SKAILES**



## **YOU BENEFIT FROM PERSONALIZED ATTENTION**

I want to work with you. That means I want to hear from you. It's my job to take your needs, goals as well as listen to your frustrations to help me in developing your programs. It's your job to tell me exactly what your needs/goals are. You provide the specifics and I'll develop the programs and offer accountability and support.

## **YOU WANT A COACH THAT REALLY CARES**

I know my athletes and clients by name and only maintain a maximum of 15 online clients/athletes at any time. I am in contact with you at a minimum of once per week for updates but I am available to you and your needs/questions as I am just an email away.

If you are interested then shoot me an email: <http://patrickskales.com/contact-us>

**FITNESS & TRAINING  
SOLUTIONS**