

FIND FITNESS **ONLINE**

Online personal training has come a long way in the last few years. We take a look at some of the leading names to help you choose the right one for you

GET FIT ONLINE
www.getfit.com.au



Who: *Dean Piazza – awarded prestigious fitness NSW personal trainer of year award and the expert personal trainer on the Good Medicine website.*

Why did you decide to go online?

In 1996 I launched getfit.com.au, I was training a lot of clients face to face and everybody wanted

to train in the same time slot – early in the morning. To cater for everybody, I offered clients the more affordable option of online personal training programs and online coaching. It has grown from there to the point now where I don't offer face-to-face training sessions any more so I can just focus on my online clients.

What makes your website stand out from others?

I don't have other trainers on my website so you can be guaranteed you will be working with me and only me. I update programs every month to accelerate results and prevent boredom. Besides unlimited email support I also offer phone support so it's very personal which really helps people.

What sort of features does your program offer?

Gym-based and home-based

workout programs. I offer six and 12-week coaching programs with full support from myself and a nutritionist so you receive a day-by-day workout program, meal and diet plans and lots of email support and motivation to help you stay on track. Programs are updated every month and are personally designed to each person so each program is designed around how many days they can train each week, what they enjoy doing, whether they will be training from home or a gym. Injuries and medical conditions are also taken into account.

What are some added advantages for participants?

At present we have a special offer of a free cross trainer or compact home gym valued at \$499 with the 12-week coaching program.

What type of security measures are taken when making purchases via your website?

We provide SSL encryption which means its 100 per cent secure and is the website industry standard. It's very safe to send your credit/debit card details as the SSL security technology protects personal card details.

What can potential clients expect from your service?

A workout program that is personally designed for them and not a cookie cutter program.

Do you offer an after program support or follow up service?

Yes, after the six-week or 12-week coaching program is completed clients have the option of working with me month by month and they can cancel at any time. Each month they receive a new program.