

# **Sault Fitness offers affordable, efficient, and effective ways to get you living a healthier lifestyle**

We don't need to have a New Year's resolution set to begin to take our health and our corresponding fitness levels seriously. Many of us can stand to lose a few pounds, increase our heart health, lower our blood pressure, increase bone density or a host of other solid reasons to take up an exercise regimen.

But, man, oh man – how do you navigate the massive sea of options? What is best for you specifically? What is an efficient, result producing activity? How do I get myself motivated – often the most important factor. How do I stay consistent and dedicated? What role does nutrition play with an exercise program? Who can I trust as an authority so I am not injured or counter-productive?

Wouldn't it be nice to be able to go to one place to get it all? To have every question you have answered by someone with experience and knowledge? To build that little spark into a massive fire? To help you stick to the plan and to customize your regimen and nutrition so as to maximize the benefits?



Does the thought of losing 3-5lbs in 7 days sound good? Dropping inches off your waistline or other problem area? Gaining lean muscle – which helps you burn more calories when resting or sitting? Being more energetic? Increasing your range of motion? Improving posture? How about just FEELING good about yourself?

Sault Fitness is consistently recognized as one of the leading personal training facilities in South Eastern, MA. When it comes to weight-loss, body transformation, sports specific training and overall wellness based training, Sault Fitness excels.

While there are a fair number of excellent facilities with fantastic staff, the testimonials, reviews, and word-of-mouth coming out about Sault Fitness is astounding. The **who** about Sault Fitness is one of the driving forces behind their rapid success. That **who** is owner, Exercise Physiologist Jared Fleurent, MS, CPT, RKC and his staff.

Jared has always been a three-sport athlete and loved coaching

others – it's in his nature and drove him to obtain his collegiate education – a Bachelors in Exercise Physiology and Masters Degree in Strength and Conditioning, both at Bridgewater State University – where he also served as a teaching assistant for “theories and practices for progressive resistance training.” This was a course that he helped develop and teach which covered all the different levels of progression with lifting weights for the students at university.

During this time the sheer results the students were having and the pleasure of having such a dramatic effect with your ideas and instruction cause him to fall in love with the coaching aspect of it all. During his undergraduate years he became nationally certified and his part-time job while attending school was as a personal trainer in Boston. As a top performing trainer he led over 14,000 one-on-one private training sessions helping clients lose thousands of pounds and live healthier lifestyles. This gave him a wealth of real-world experience about what would be a crock of...ahem, and what was actually effective.



Seeing client after client slough off the pounds – 10lb, 20lb, 30lbs or more, improve their mobility, flexibility, strength, overall health and *quality of life*, was evidence enough that he was on the right track. " When you have a client lose 20lbs and no longer has to take blood pressure and cholesterol medication because of your help is just heart warming and it makes you want to continue to help people."

Making sure to have plenty of personal experience of his own, Jared has competed in Collegiate Nationals for both Olympic Weightlifting and Diving.

In April of 2016, Jared dove headlong into a full-time business venture and opened his doors at 302 Elm Street, in Padanaram Village. So, what are all those acronyms that follow his name? Besides his degrees he is a Certified Personal Trainer (NSCA), Nutritional Specialist (AASDN), and a Certified Kettlebell Instructor (RKC). Think he might know a thing or two about exercise and nutrition?

Jared has placed these exacting standards on cherry picking his staff. With him he has two nationally certified personal trainers with years of experience. Together they work as a team to share their wealth of knowledge and experience to transform people physically, mentally and even spiritually in the sense of improving quality of life.

And that is the proverbial run for Jared's inspiration and fuels his fire: "Knowing you are helping a young athlete make the varsity football team as a freshman, a senior D1 rower prepare for her senior year, a grandfather who just wants to play with his grandchildren and be able to get up and down off of the floor with them, a middle aged individual who is borderline Type 2 Diabetic that is no longer at risk because of working with me gets me up with a smile each day. I love doing this and can't comprehend doing anything else."

Sault Fitness is a place that **will** help you achieve your goals whatever they may be. The team has put all the factors in place and all you have to do? Show up.



With Sault Fitness you get **customized** 1 on 1 training. A world class personal trainer oversees every thing you do, insuring you get the best results and makes all the necessary adjustments to keep you on the path of constant improvement. An individualized 12 week nutritional plan and menu planning (does NOT mean starving!) set your metabolism in the right direction giving you more energy, speeding up the weight loss, and improving overall health.

Those customized workouts extend to workouts for you to do at home in between personal sessions. Each month you will get a progress report so you can see how far you've come, encouraging you, firing you up and motivating you to go even further. This and MORE, with "100% guaranteed results."

If you are ready to live a healthier lifestyle, there's no better time to start than today and there are fewer places

more qualified to help you achieve those goals and in an efficient, expedient way than Sault Fitness!

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## Testimonials

I have struggled with weight my entire life. I have purchased gyms memberships, been on various “fad” diets, and have worked with several personal fitness trainers, but it always resulted in limited, short-term success.

Since joining Sault Fitness in August 2016 and working with Mike, I have finally achieved long term success. I have lost 33 pounds and 5 inches off of my waist and, as a result, I am no longer taking blood pressure and cholesterol medicine.

Mike is extremely knowledgeable, motivating, and stays focused on challenging me. Mike provides an intense workout which he modifies to keep up with my progress. For the first time in my adult life I look forward to working out and am seeing true results. Joining Sault Fitness and working with Mike were the best decision I have made for my health.

– **Glenn Sherman**

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Recently I was asked how I am and my response was I am better than I have been in 10 years! In fact, I am healthier, have more stamina, and more energy than I did in July. I attribute the difference to starting to work with Jared at Sault Fitness this past August. Jared met me where I was physically and mentally and helped me to find a way that has worked.

Over time, I have noticed changes. Simple things like being able to stand for a longer periods of time, not to mention always not being passed by the mall walkers. The suitcase

easily goes in the overhead on the plane. My physician is pleased with dietary changes that have led to weight loss and decreased cholesterol numbers. I am down two dress sizes and that adds to looking and feeling better. I still have a ways to go but these milestones remind me of what has been accomplished. Jared has helped me find a way to achieve all of this. He starts you out with a strong plan. He continually encourages through the inevitable lapses that come with everyday life. He also adjusts for the periodic aches and pains of aging and gets me not to give in to it. The individual attention has made all of the difference and quite frankly has helped me be accountable and motivated.

If you are looking for more than a gym or tired of trying to do it yourself without results, I can highly recommend Jared. His balanced advice and counsel has made all the difference. You still have to do the work but Jared is a great partner to help you achieve YOUR goals.

– Nancy H.

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## **Sault Fitness**

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