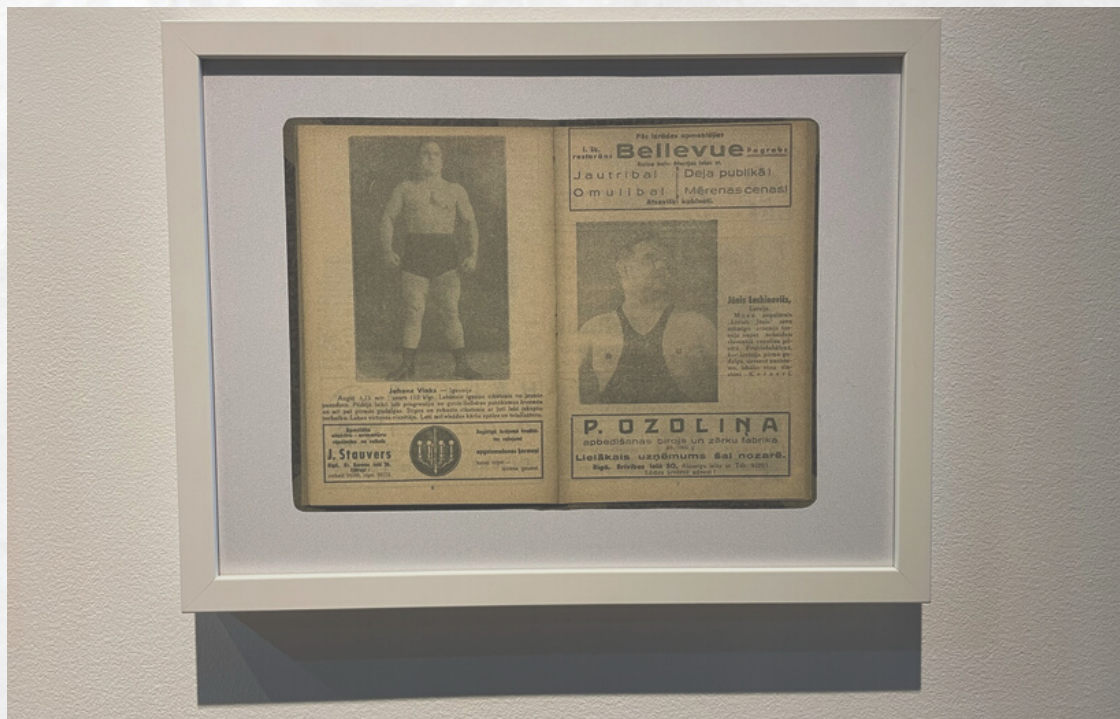


STORIES OF SUCCESS



JUSTYNA WENECKA

PORTFOLIO 2022

TRAIN BETTER STUDIO



STORIES OF SUCCESS



1

WE SHAPE

Asia's regular work brings results in skin tightening and body aesthetics

2

WE LEARN TO MOVE

Through joint meetings and advice Mateusz is starting his adventure with training

3

WE BUILD MUSCLES

After years of unsuccessful training, Marek dedicates himself to professional care and the help of a professional

4

WE REDUCE FAT

Renee loses 21 kg thanks to targeted physical activity in 4 months

5

WE NOURISH

Martin stops a terrible diet and begins to consciously learn about healthy eating

6

WE IMPROVE FLEXIBILITY

For the first time in 30 years, Leo touches the floor with his fingers

UNIQUE STORIES

My name is Justyna Wenecka. Welcome to a world where effort pays off.

Although it wasn't easy, I've selected for you 6 amazing success stories of my clients. They achieved what they thought was impossible. They took the first steps and they haven't stopped until today, raising the bar, setting smart goals and reaching checkpoints. The huge success in taking care of themselves changed their lives, moods and awakened dormant self-confidence. They fell in love with training better each day (because conscious!), nutrition and the results, which in each case exceeded their expectations. I choose to show 6 recent stories (plus bonus), just so I don't bore the reader too much :)

I invite you to explore each of the following stories about exceptional successful people. Who knows, maybe you'll find a piece of yourself here?

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TRAIN BETTER STUDIO



WE SHAPE

I wore shorts today and my thighs
have never looked so good!



Asia came to me to improve her figure and get out of the home office. She chose a stationary workout option for herself.

After testing and consultation, we started with circuit training. Few months later we took it to the next level and I suggested split training to Asia. We thickened the training units and prolonged the time spent on aerobic training, thus achieving great body shape, fitness and endurance results and endurance effects.

We do not stop working on our new goals.

After all, appetite grows with ... exercise:)



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This is all new and interesting to me.

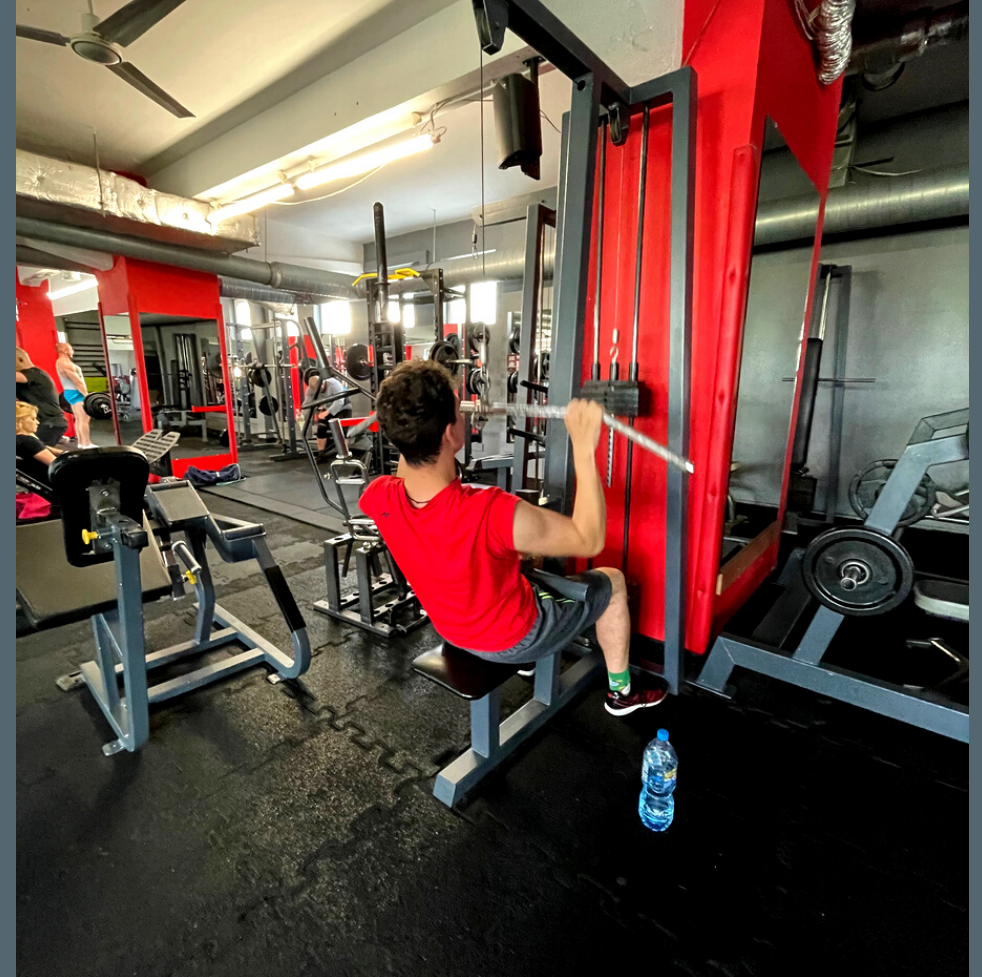
I got more tired than I did in gym class.

WE LEARN TO MOVE

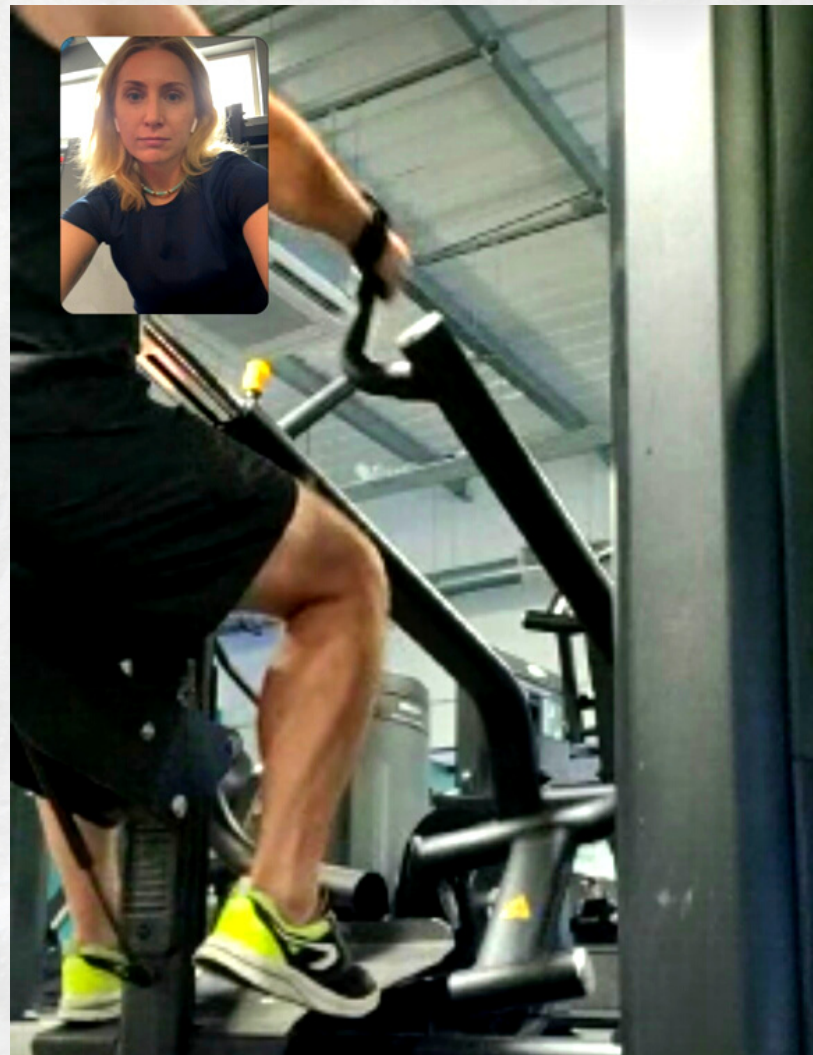
Matthew is the kind of scientist who spends his time in books. This year he passed his high school exams and was given an Intro package (an introduction to the gym) as a gift from his loved ones.

During our meetings we were learning from the basics - proper posture, exercise technique and different forms of gym activities. Mateusz mastered exercises on free weights and with the use of machines. He admitted that although he had not been physically active before, he liked it very much and will certainly use this form of exercise.

I confirm - he does!



WE BUILD MUSCLES



Marek dreams of a body that is slim, healthy and proportionally muscular. He has a lot of experience in weight training and his technique needs few corrections. However, for years he trained ineffectively.

So we tackled comprehensive changes in sleep, a customized workout plan, recovery plan, targeted diet and supplementation. We successively implement split training with strength progression, increased strength and power endurance.

All training takes place online as Marek is a foreigner living in the UK on a daily basis.

TRAIN BETTER STUDIO

Renee used to play basketball during his college days. Unfortunately, his movement is limited to walking from his desk to the candy store. One day, however, when the scale showed 110 kilograms, he decided he wanted to do things differently. After all, he is a successful man, the president of an international corporation! He indicated that he would do anything, but that he would not change his diet, as he eats in hotels and restaurants due to business trips.

We started slowly so that the muscles would remember what movement means. We slowly increased the intensity of general development exercises and aerobic exercises. In four months, Renee lost 21 pounds with targeted training alone. Now, technically prepared to exercise, she works out on her own with an individually programmed plan that we review together regularly.

WE LOSE FAT

JUSTYNA WENECKA



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WE NOURISH

Marcin reported to me in a private message. He described that he weighs 150kg, no longer wants to function like this, catches breathlessness every few steps. He couldn't do any activity and was crying from pain in his back and hips. During the consultations Marcin said he didn't want the results right away but wanted to change his life and his relationship with food forever. He wanted to learn how to count and measure his food, not to starve himself, not to yo-yo again and to persevere. Marcin's biggest bane was demotivation. But I had a way out of it:) In 4 steps Marcin learned the process, slowly and patiently implemented the recommendations and followed the diet plan. We were working remotely and apart from diet plans and progress monitoring we met once a week to report the results. Today Marcin is lighter, doesn't know what pain is, enjoys sports and knows how to compose meals to be healthy, nutritious and filling. Above all, he believes in himself and that if he wants to, he can achieve anything.





WE IMPROVE FLEXIBILITY

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Genetically, I'm like the wood. When I heard that touching the floor with my fingers was possible, I laughed. Today I know it is possible, only I practiced wrong.

Leonardo loves traveling, mountain climbing and being active. His problem and complex, however, was a body as stiff as wood. After the introduction of mobility training and improving flexibility we achieved in a week 15 cm of difference (in plus!).

TRAIN BETTER STUDIO

TRAIN BETTER MOVES TORUŃ



Within a few months we moved Torun! The group of open trainings in the open air was created to promote the idea of sport in nature, getting to know positive people, the city and activation of life in the area. We managed to involve over 200 people who participate in or observe our activities on the left side of the river. A large part of the participants were doing something for the first time: running, yoga, stretching in the park or training in the city gym. I am proud of our every single success!



CHANGE BEGINS WITH A DECISION

The success stories presented here are only a small part and slice of the process. After all, success is defined differently for everyone. Everyone has different goals, dreams and opportunities. And this is the most beautiful thing - that I can be a part of the changes, set a real path, and control progress, build discipline, new skills and support in developing self-confidence.

Remember, the only loser is the one who gives up, and every change starts with a decision. I know you will make the right one.

TRAIN BETTER STUDIO



WRITE YOUR OWN SUCCESS STORY

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