



FUTURE IMPACT FITNESS

MOVE NOURISH UNPLUG

Online Personal Training & Coaching for Executives

We recognize that in the modern world desk-bound executives face unique challenges—chronic stress, physical deterioration, weight struggles, and the difficulty of balancing professional and personal responsibilities. Our mission is to provide a tailored program that not only addresses your immediate needs but also transforms your outlook on health, movement, and personal standards. Here's how:

Philosophy #1: Fully Human



We recognize that you are a human being first and an executive second. This philosophy addresses the critical need for balance in your life by focusing on natural, sustainable health practices. For stressed executives, this means:

Relearning how to move your body in ways that restore natural function and reduce chronic pain

Prioritizing time in nature, sunlight, and proper nutrition to counteract the sedentary, indoor lifestyle

Reclaiming your sense of humanity amidst the pressures of work and family, enabling you to unlock your full physical and mental potential

By embracing your humanity, we help you rebuild a strong foundation for a healthier, more resilient future.

Philosophy #2: Move With Intention



Intentional movement is transformational. Our coaching encourages executives like you to:

Approach workouts as purposeful steps toward regaining strength, mobility, and confidence, rather than mindlessly ticking boxes on a fitness plan.

Focus on movements that alleviate chronic pain, improve posture from prolonged sitting, and address the physical demands of their lifestyle. Align every action with their personal goals, whether it's managing stress, losing weight, or simply being able to keep up with your children.

Intentional movement reframes exercise from a chore to a meaningful tool for improving your quality of life.

Philosophy #3: Raise Your Standards



Our program challenges you as an executive under constant pressure to break free from your current limitations and commit to a higher standard of living:

Discipline: Overcome the inertia of your busy, desk-bound routine with focused action.

Determination: Empower you to take control of your health, not just learn about it.

Resilience: Build mental toughness to persevere through challenges at work, home, and in fitness.

Vulnerability: Encourage self-reflection to uncover the barriers holding you back from a healthier, more fulfilling life.

By raising your standards, we'll inspire you to embrace a mindset shift that fuels your transformation—not only in fitness but in every aspect of life.

Bringing it All Together



We acknowledge and appreciate that there is a growing subset of the community who are being forced to push themselves in unsustainable ways and simply don't have the mental bandwidth, let alone the knowledge to climb out of the hole they are in. If this rings true, what you need is more than just fitness guidance but a life-changing partnership. Through the principles of being fully human, moving with intention, and raising their standards, we offer a comprehensive, compassionate approach that:

Meets you where you are

Helps you reclaim your health

Equips you with the tools to thrive in both their personal and professional lives

This is not just coaching; it's a movement toward becoming your best self. That's a Future Impact worth the effort!

Your Coaches



James Gleeson
Co-Founder



Troy Reneker
Co-Founder



Thank you!

