

TRAVIS JONES – BIOGRAPHY, 2016

They say true success is born. Vibrant, energetic and infectious as a youngster Travis Jones, or TJ as his friends call him, was inevitably going to achieve big things.

His passion for fitness was obvious from a young age, participating in elite level rugby league as a teenager and surpassing the performance of his former high school mates in P.E.

Perth born and bred by the end of high school he had gained his first job as a personal trainer at Fitness First in his home town, here he cultivated his passion for fitness even more, getting a chance to see the change he can make in people's lives, leading to a crucial moment for solidifying what his goals were and what he wished to accomplish as a professional fitness trainer.

It came as no surprise that he would soon be managing gyms in the Fitness First franchise, in charge of over 70 personal trainers and overseeing 46 boot camps across Australia, eventually managing Fitness First gyms in Melbourne and Sydney.

However, for unwavering TJ this wasn't challenging enough, he yearned for something bigger, a natural inkling to become a leader and make a difference. A passion for travelling and a need to see the world, Travis flew to Toronto, Canada in 2010 and trained elite coaches while working at internationally recognized Goodlife gym.

While doing this TJ gained a momentous amount of experience in the realm of fitness, grasping key crucial methods and techniques for fat reduction, health management and dieting, forming his skill-set into a concrete elite level and directing his ability to cultivate the best of body transformation and fitness coaching.

Returning to Australia in 2011 TJ utilized every aspect he gained from working tirelessly overseas, feeling confident and determined he was ready to make something for himself and grasp life by the forearms and launch his own specialist body transformation gym, Results Based Training.

Beginning from an empty warehouse TJ's strenuous work grew RBT into a nationally recognized gym, launching six gyms across three states within just 24 months.

Today the Results Based Training Group of companies operates its own university, *The Fit Pro University*, providing elite and specialist training to people dedicated to making a difference to the lives of others and guiding them in the right direction to launching successful businesses themselves.

Working collaboratively with charity organizations TJ has grown Results Based Training into more than just a gym, but an organization with visionary goals to make a difference. Including Health and Wellness retreats and charitable events like the *RBT Gala Ball*.

Travis has undoubtedly made the best of his life and achieved exactly what he hoped to and wishes to do just that in the lives of others, his motto "dream as if you'd live forever and live as if you'd die today," is core to his natural determination and ability to challenge people to exceed what they believe they can achieve.

TJ ensures you're more than just a number at RBT but part of a family, building a connection that supports and celebrates your ongoing transformation and helping you achieve your goals not just within a 12-week time frame but over the entirety of your life.