



Promotional Materials

Gimmees.com Best Products At The Lowest Prices



superior customer support while offering guaranteed low product prices! Our website's comprehensive product search and intuitive ordering wizard enable customers to complete the promotional purchasing process online and in real-time!

A family owned business, Gimmees.com has been selling promotional items since 1999. We currently offer over 8,500 products online and additional products are added each day. If you don't find what you're looking for online, our customer service representatives can source over 850,000 additional items to help you match your precise product specifications. We also offer an integrated logo design and corporate identity consulting services. If you need a new logo or help with graphic design for

your product, our graphic design team is ready to assist you.

Owners Ed & Kim Keidat live in Egg Harbor Township. We hope you will consider us your local promotional consultants.

Nationally, Gimmees.com is a top-10 internet business which provides us access to the best products at the lowest prices. Together we can develop ideas for your business or event!

Please feel free to call our toll-free customer service line at 1-888-926-6385 to discuss your upcoming plans. We look forward to working with you!

Screen Printing • Custom Embroidery
Promotional Products • Corporate Gifts

www.gimmees.com • 888-926-6385

SUBMITTED BY:
ED AND KIM KEIDAT, OWNERS
GIMMEES.COM

Gimmees.com

- is a leading seller of
- custom imprinted
- promotional
- products.

A member of ASI, PPAI, Atlantic and Cape May County Chamber of Commerce, we are committed to providing



Ed and Kim Keidat are owners of Gimmees.com, a Promotional Product e-commerce website operating in Egg Harbor Township, NJ. They are winners of the ASI Spirit award in 2007 and 2008 and winners of the PPAI web award in 2009. Both are active members of the Atlantic County and Cape May County Chamber of Commerce.

www.Gimmees.com

Facts To Consider Before Hiring A Personal Trainer



JOANNE BARBIERI, OWNER
ABSOLUTE FITNESS

What to look for in a personal trainer?

It is extremely important to ask for credentials. Look for trainers who have Bachelor's and/or Master's degrees in a Health Science field, such as exercise sports science, physical education, etc. Personal trainers should also hold certifications from accredited organizations, such as NSCA, NASM, and NESTA.

Do I have to belong to a gym to hire a personal trainer?

You do not have to belong to a gym in order to hire a personal trainer. Many personal trainers provide in-home trainings for their clients and bring the gym to them.

How does in-home training work?

In-home training brings the trainer to the client in the comfort of their own home. In-home trainers usually bring their own equipment to sessions,

such as resistance bands, stability balls and balance disks. Learning at home is a great way to incorporate fitness into your daily routine and does not take up a large amount of space.

Is it expensive to hire a personal trainer?

Hiring a personal trainer to come to your house is not as expensive as you may believe. Individual sessions usually begin around \$40, similar to treating yourself to dinner once a week. Most personal trainers offer training packages, where the more sessions your purchase the less it is per session.

How many times per week do I need to meet with a personal trainer?

This is based on your goals, experience and availability. Beginners may only meet one or two times a week with a personal trainer and the more advanced individual may meet two to three times a week. Most trainers work with their clients to develop a

program that will work best for their lifestyle.

Feel free to contact Absolute Fitness regarding any training questions or to hire an in-home personal trainer: (609) 335-6082.

JoAnne Barbieri is the owner of Absolute Fitness. She is a NSCA certified strength and conditioning specialist, a NASM performance enhancement specialist and a personal trainer. She holds a M.S.S. in Sports Science and is pursuing a doctorate degree in sports psychology and performance.

Customer Testimonial

"I am not a gym going type of person and was afraid of doing strength training without professional instruction so when a friend of mine told me about her personal trainer, JoAnne, I decided to check it out. I'm really glad I did because after three months I was able to do a lot more than previously with no injuries."

- Kathy W.

ABSOLUTE FITNESS

PERSONAL TRAINING
STRENGTH & CONDITIONING • SPEED & AGILITY
PILATES & KICKBOXING
WEIGHT MANAGEMENT
BRIDAL BOOT CAMP

JoAnne Barbieri, MSS, CSCS
Tel. 609.335.6082
JoAnneBarbieriCFN@yahoo.com
www.absolutefitnessnj.com

