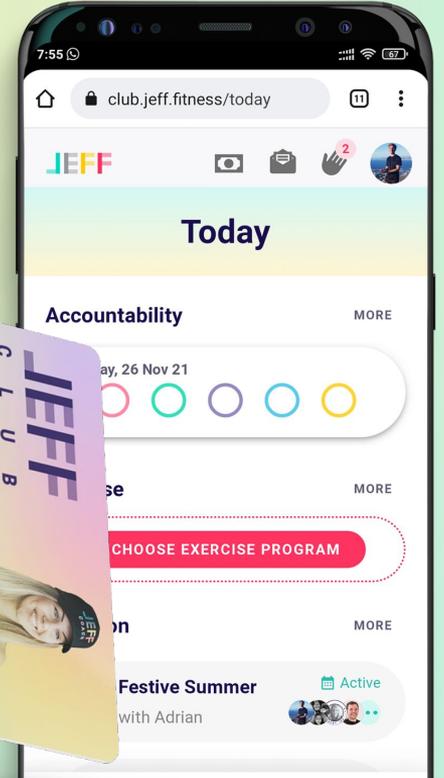


Exercise.
Eat well.
Thrive.
TOGETHER.





[Click to play video](#)

JEFFing is simple.

**We'll give you the support you
need to **exercise** and **eat well** 5/7
days each week.**

**You'll achieve amazing,
sustainable results!**



"JEFF has given me confidence, a more positive outlook, mindfulness, and amazing support."

- CANDICE

"Looking back now, I wish I'd signed up with JEFF months before because of the positive impact it has had on my life."

- LAUREN

"It's been incredible! We aren't just another number - the coaches really care about us."

- ALEX



"Life-changing. I'm in the best shape of my life. JEFF is a game-changer for those who've tried everything to lose weight and build strength. I can't recommend it more highly!"

- LOUELLA

[View success stories](#)



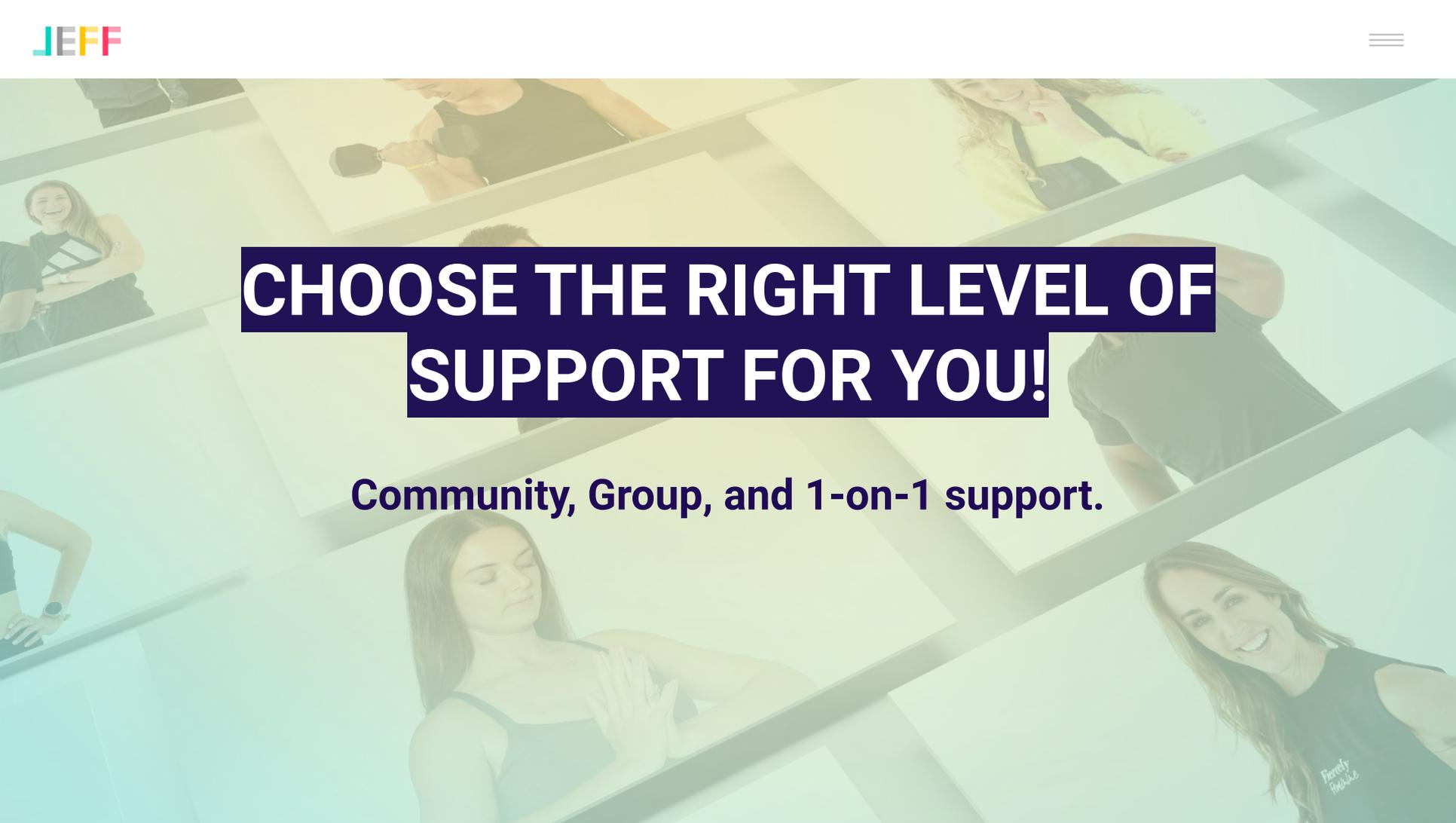
GIFTS TO GET YOU STARTED

Download your free [Two Ways Recipe Book](#) and [Health Guide!](#)



JOIN OUR FACEBOOK GROUP

Join our [JEFF Together Facebook Group](#). Connect with 73,000+ people in South Africa and around the world. All striving to be fitter, healthier, happier versions of themselves!



CHOOSE THE RIGHT LEVEL OF SUPPORT FOR YOU!

Community, Group, and 1-on-1 support.



JEFF LIFE

Community Support
R200 p/m

Join JEFF Life to unlock our huge selection of online workouts, recipes, cook-alongs, and educational talks! Feel the energy of our incredible community of 70,000+!

[LEARN MORE](#)



JEFF CLUB

Group Support
R 595 p/m

Get everything in JEFF Life and so much more! We'll select from 100+ live and past options to give you the right exercise and nutrition programs for your specific needs! Feel tremendous daily support and motivation in 7-person accountability groups!

[LEARN MORE](#)



JEFF CLUB + 1-ON-1 COACHING

1-on-1 Coaching Support
R2,250 p/m

Add the phenomenal daily support of a world-class 1-on-1 Coach, and receive individualised exercise and meal plans. Your Coach will care massively about not just your health and fitness, but your overall happiness too! Together, you'll achieve life-changing results!

[LEARN MORE](#)

Level of Support	Exercise 🤗	Eat Well 😊	Thrive 🚀
Community: JEFF Life	Choose from all live and past daily classes. Thousands of sessions to choose from!	Choose from hundreds of delicious, healthy recipes!	Feel the energy of our community, and exclusive members group, as you strive to exercise and eat well 5/7 days a week.
Group: JEFF Club	+ We'll help you choose from 100+ expert-led exercise programs! New options added monthly!	+ Expertly planned monthly menu, tailored portions, the choice of curated nutrition programs and exclusive Club recipes!	+ Receive tremendous additional daily support and motivation in 7-person accountability groups!
1-on-1: Coaching	+ Do an existing program with the oversight of your expert coach, or have them provide a monthly individualised exercise plan	+ Follow a nutrition program with the expert daily oversight of your Coach, receive a supporting nutrition plan and access exclusive 1-on-1 nutrition content!	+ Receive unparalleled daily support from your Coach!



MEET THE TEAM

Talk to an expert.

Need more information?

Book a free, zero-obligation health and fitness consultation!

BOOK NOW

**LEARN MORE AT
JEFF.FITNESS**

