



# 360° TRANSFORMATION

## INTRO

Former high-level athlete Jérémy Peltier is a renowned personal trainer, together with his wife Menita Ianuario the creator of the company Révélateur d'Équilibre SA, and a sports consultant for luxury hotels and individuals.

Following a professional football career playing for Paris Saint-Germain, coach Jérémy Peltier moved to Lausanne and developed his own training method, **JP 360° Transformation**. The programme offers a complete, personalised approach that is adapted to the needs and objectives of every client, thanks to a detailed study of their body

shape, bone and muscle structure, health and diet. He has drawn on all that he has learnt and observed over the years in order to take the best from each discipline and experience, and create his own brand.

For over fifteen years, Jérémy Peltier's concept **JP 360° Transformation** has enjoyed considerable success at his first centre, *Spa Code 3*, the various gyms where he currently works, particularly the Beau-Rivage Palace in Lausanne, as well as among his large private client base and various hotels in Switzerland and abroad.

## The "JP Révélateur d'Équilibre" method

Renowned for his expertise, in 2008 Jérémy created his own brand, JP Révélateur d'Équilibre, renamed in 2019 **JP 360° Transformation**, a consolidation of his knowledge and experiences in the sporting world. Success came quickly: his client base increased to such an extent that the coach soon found himself travelling as far as Dubai and New York to train new coaches. That same year, Menita and Jérémy launched their *Spa Code 3*, a 600m<sup>2</sup> area in central Lausanne entirely dedicated to fitness with a range of the latest devices (Kinesis) allowing each client to train at their own pace, according to their own specific needs. At *Spa Code 3*, every effort has been made to offer tailored sessions: a personalised nutritional programme, made-to measure physical exercises, cardio, stretching and wellbeing treatments, relooking,... Again, its success speaks for itself!



## The Beau-Rivage Palace in Lausanne

In 2010, they began to take an interest in luxury hotels when the prestigious Beau-Rivage Palace in Lausanne, which boasts excellent wellbeing facilities, invited them to reorganise its spa's gym. Menita and Jérémy transformed it, fitting it with high-end equipment similar to that on offer at their own establishment.

A highly successful collaboration has continued between the **JP 360° Transformation** brand and the Beau-Rivage Palace for nine years, proof of the excellent management of the gym and its ability to satisfy even the most demanding of clients.

In parallel, Jérémy and his team developed the JP Consulting luxury hotel branch (Monte Carlo Bay, La Mamounia, Royal Mansour, etc.) and, since 2015, he has also been Technogym's master trainer for the whole of French-speaking Switzerland.



## Find your balance with JP 360° Transformation

The **JP 360° Transformation** concept proposes an innovative approach offering personalised training and more to every client, combining physical exercises, nutritional rebalancing, psychology, and common sense for improved health!

### The individual consultation, the cornerstone of tailored support

The individual consultation with the coach is a confidential check-up aimed at better understanding the client, their body shape, health, physical problems and habits.

#### 1<sup>ST</sup> STAGE

With the help of an exhaustive health questionnaire and by listening carefully to the client, the coach draws up and analyses a client behaviour study according to the principles of the DISC System, a tool used to get to know the individual as closely as possible. It's a sort of dictionary or grammar of emotions that allows the coach to adapt the **JP 360° Transformation** method to the client and, together, define their objectives.

#### 2<sup>ND</sup> STAGE

The consultation continues with a postural analysis of the client, where various measurements are taken (quantity of fat at precise areas of the body, muscle and bone mass, body water, fat mass and lean mass). Physical tests are also carried out in order to analyse suppleness and strength and detect any muscular imbalances, which clients are not always aware of.

#### 3<sup>RD</sup> STAGE

The consultation ends with the food diary. The word "diet" is banned from the **JP 360° Transformation** concept. Jérémy Peltier prefers to talk of "nutritional rebalancing". Eating healthily, eating to feel better, must become a reflex. It's therefore important for the coach to understand the client's eating habits (good or bad). To do this, they must note down what they eat over a period of seven days.

**Once the objectives have been clearly defined, personalised support is put into place according to the results of the physical tests, postural analysis, the client's training level and eating habits.**





## A completely safe training programme

While every session begins with a warm-up and ends with a recovery period, clients will never get bored: their personalised programme (cardio, muscle development, circuit training or manual resistance, assisted or semi-assisted stretching or massage), in the gym, outdoors or in the pool, is different each time.

Whatever their age or sporting level, clients will discover that with the **JP 360° Transformation** method, anything is possible, as Jérémy Peltier likes to reiterate. "Where there's a will, there's a way! I don't create, I reveal what is concealed in the block of stone", he says, paraphrasing Auguste Rodin. Because in reality, Jérémy simply allows each individual to rediscover their forgotten potential.

## Psychology: a personal coach for everyone

When you hire a qualified personal trainer, you're looking for results in a safe environment. The fundamental nature of Jérémy Peltier's relationship with the individual seeking his help is based on trust, respect and empathy. As he says in no uncertain terms, "I'm demanding with my clients. I need to understand them, figure them out, motivate them, challenge them, give meaning to their objectives. I never give up. I'm always by their side. Because I know very well that the mind influences the body. The mind is our engine, our personal coach. But it often gives up for no reason and my role is to reactivate it." He continues, "Personally, I use huge amounts of psychology, empathy and listening in my teaching. By doing sport, you're helping your concentration and creating happy molecules - the famous endorphins!"

## Implementation of the nutritional programme

Health is a resource that must be maintained and exploited. Sport alone does not make you lose weight: it tones. But to sculpt a body, you also need to replace fat with muscle. And this can only be done via sensible nutrition.

To achieve this, you need to adopt good eating habits: balance your meals, reduce quantities, eat seasonal fruit and vegetables, vary what you eat, take the time to chew properly, be creative with your cooking and drink a lot of water between meals. It seems like common sense! And yet, it's difficult to follow these rules because bad habits are very stubborn. You often need to "unlearn" and acquire new reflexes.

In order to support clients in their everyday lives, the **JP 360° Transformation** method therefore invites clients to study – together with their coach – the menus of the restaurants and canteens they usually frequent in order to help them manage their nutrition. Combined with sports training, the results of these changes in habits are rapidly visible and, above all, long-lasting.

The first objectives are set for a two-week period. During this time, the client must learn to eliminate three or four bad eating habits. For example, they must force themselves to drink plenty of water, sit down for each meal so that they eat without stress, and eat a snack between 4 and 5 pm that will calm their system and allow them to reduce their evening calorie intake. By following these simple rules, clients will notice natural weight loss.

The coach also teaches clients to understand food products, the nature of nutrients (carbohydrates, lipids, etc.), as well as to vary what they eat.



**JP 360° Transformation is above all a competent team made up of professional sports coaches who are multilingual (French, English, German, Italian, Russian and Arabic) and trained to work with high-tech equipment. Jérémy Peltier and his team work with a cosmopolitan client base towards a wide range of objectives, which is why several types of personalised training are offered.**

#### A RANGE OF TAILORED PROGRAMMES

- Preparation for the summer: wellbeing, fitness and nutritional rebalance
- Business trip programme: distance training with varied exercises and nutritional programme
- Programme following medical treatment
- Pre-operative and post-operative: working on the limb to be operated on in order to prevent major muscle loss
- Motor recovery: working on the individual's motor function and coordination
- Winter prevention (to avoid injury): strengthening of the lower limbs (quadriceps, hamstrings) before you head for the ski slopes
- High-level sports: physical preparation
- Program for Seniors: stay active and fit, develop or reactivate certain muscles and joints that are not used much on a daily basis. We help you to accept aging, but to age well.
- Sports courses / Training adapted to all ages and levels of strength and flexibility to obtain the desired results of the client.
- New: Stress Management Programme



## Biographies

### JÉRÉMY PELTIER

Jérémy Peltier was spotted by the world of football early on, joining the Training Centre at Paris Saint-Germain in 1998. Like every new footballing talent, he received thorough sports training at this centre of excellence. Having graduated from the programme, he began his professional career at PSG as a midfielder.



Building on this experience, Jérémy then joined the Paul Orsatti Sports Training Institute in Ajaccio, where he earned a national coaching qualification. He has never forgotten the words his trainers at PSG hammered home: "You're here to become professional players, but also, later, the greatest sports coaches". Convinced that coaching is about more than just physical exercises, Jérémy Peltier added innovative training to his CV: sports and alternative education, management and psychology. He later moved to Switzerland, where he joined the Fitness International Training School near Geneva, studying various modules focussed on the latest research into nutrition, sport, etc.

Since then, Jérémy has provided personal training sessions to private clients both in Switzerland and abroad. He always strives to pass on not only his knowledge and experience, but also his love of sport, as he has done with his own son who shares his passion for football.

“Awaken your mind and body to uncover and rediscover your forgotten potential.”

### MENITA IANUARIO

In charge of management, human resources and administration at the company Révélateur d'Équilibre SA, Jérémy Peltier's partner Menita Ianuario previously worked in fashion, luxury goods and events. Her impressive network and lengthy experience in these fields help her anticipate clients' needs and build a loyal customer base, whom she advises in French, Italian, English and Spanish. Menita is also in charge of events planning and organisation for the **JP 360° Transformation** brand.



“If you can dream it, you can do it!”

## MAURO SANTOS – COACH SPORTIF

After a career as a footballer and a Bachelor's degree in Sports Science in his pocket, Mauro improved his skills in physical education and later became a sports coach. For the past 8 years he has been setting up individual and group training programs with or without the use of electrostimulation.

His areas of expertise are, fitness, muscle toning, weight loss and muscle gain/building.

“ *What I like about this job is to be able support my clients and help them achieve their goals toward a healthy, well-being and successful existence. But also, thanks to direct contact with them, often close friendships are formed.* ”



## STÉPHANE GERNE

Stéphane Gerne is a personal trainer who graduated from the Swiss School of Fitness Instructor and is certified by Fitspro in the field of group coaching for Body Pump and Body Combat. He is an advisor in sports nutrition and micro-nutrition and has a certification from the Reebok University as Power Yoga and Pilates instructor. Before becoming a personal coach and fitness instructor, he was part of the Swiss Tennis Team as junior elite athlete and competed also in other sports such as in golf, skiing and volleyball.

His coaching is a combination of his sporting experiences and a variety of exercises from Pilates to Cross Fit.

“ *Body and mind are the keywords of my coaching. I like to share my sporting experiences to help you achieve your goals and with the aim of improving your quality of life and well-being.* ”



## Contact

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