



6 > [www.TheUltimateTransformationChallenge.com](http://www.TheUltimateTransformationChallenge.com)

# Who Is Thomas Phillips?



Being a good student, teacher and athlete has always been a priority. This is why I choose to remain the student and the teacher in all aspects of life. Other than being a teacher of math and philosophy for the past 13 years, I am also a writer, gym owner, as well as a proud father and husband. I continue to challenge myself physically by competing in various sports and strength events including The Tactical Strength Challenge, Powerlifting, Bodybuilding and Brazilian Jiu Jitsu. From a young age I have taken a keen interest in health, fitness and personal growth. The goal was, and continues to be, mind/body performance optimization.

It has taken years of small successes and big mistakes to get where I am today and I'm certainly not done learning. As owner of Fit for Life PT, in Marlboro NJ, I've had the privilege of working with some of the best strength and conditioning coaches in the world.

Over time, I've earned their respect and admiration by not only talking the talk, but by walking the walk. "UTC" is the culmination of what I have learned in health, strength, behavior and philosophy.



*Professionals are rare in the personal training world. Thomas Phillips is one of them.*

—Pavel Tsatsoulin  
Best Selling and Respected Author



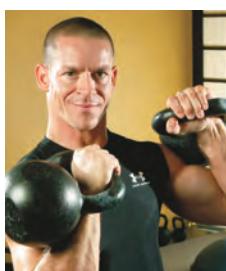
*One of the many reasons why Thomas Phillips is a great trainer is the fact that he is a great student, with contagious enthusiasm and competitive drive, Tom gets even more excited about getting results than his clients!*

—Mike Mahler,  
Strength Coach,  
Senior RKC, Author  
of "The Kettlebell  
Solution For Size  
And Strength."



*"Thomas Phillips is somebody who walks the walk. Whether on the lifting platform or the presentation stage, Thomas leads by example and always delivers. Thomas Phillips has my full confidence."*

—Jack Reape  
Elite Powerlifter



*There's a reason why Thomas Phillips is a successful trainer. His clients get the results they want!*

—Steve Cotter,  
SRKC for Pavel  
Tsatsouline & Kung Fu  
World Champion





8 > [www.TheUltimateTransformationChallenge.com](http://www.TheUltimateTransformationChallenge.com)

Only 2 years later my body had become weak, fat and unhealthy. I did not have the vitality I used to have. I soon realized my body was not the only thing suffering. I was too tired to play with my kids, too mentally drained to pay proper attention to my wife. I remember looking in the mirror one morning and seeing what had become of my former athletic physique. Although I was achieving a lot academically and meeting the financial needs of my family as best I could, there was no denying I was not myself. My body had become a stranger to me. I remember thinking "this is not the man my wife married..." I made a firm decision to start paying attention to my health and well-being.

Several years earlier (at the age of 19) I entered the first *Body for Life* challenge in hopes of winning the Grand Prize: a Lamborghini Diablo! Although I did very well with my transformation, I did not win. I was disappointed, but soon learned that over 50,000 people had entered that competition. Still, I never forgot how hard I worked and how disappointed I felt not being in the driver's seat of that sports car. Keep in mind; I was only 19 years old at the time... I had a lot to learn about REAL disappointment and perspective. But now, in my mid-twenties, I decided to give the *Body for Life* challenge another shot. This time, as a means to an end because I did not expect to win; instead, I used the challenge as a way to keep me focused.



Using the knowledge, skills and tools I learned as a young athlete and fitness enthusiast, in only 12 short weeks I completely transformed my physique. I lost 25 pounds of fat and put back the 10 pounds of lean mass I lost from 2 years of neglecting my body. I was thrilled with my results. As I attached my before and after photos to the packet I remember a feeling of disbelief. In only 12 weeks I was able to create my best physique to date!

In December of 2002 I got a call from *Body for Life* for an interview. A second and third interview quickly followed. A few months later I was given a check for \$50,000 and awarded the title of Grand Master Champion. My wife and I used the money to open our gym Fit for Life pt in the summer of 2003.



Calling my father to tell him I just won \$50,000!



After I won, Jody and I met Bill Phillips for dinner in Colorado.





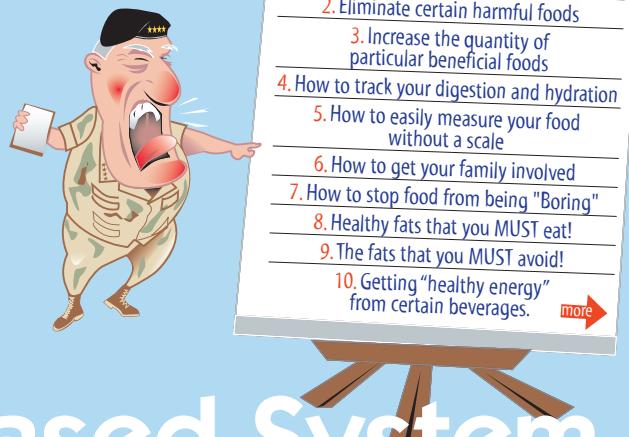
In 2008 I started to create a system and philosophy for success that eventually evolved into the Ultimate Transformation Challenge. Since then, more than 300 people have lost over 5,000 pounds of body fat on this system.

The formulas used by the most successful individuals in the UTC are exactly the same formulas I used back in 2002. I'm going to give YOU those formulas in detail throughout the pages of this manual in the form of "SUCCESS KEYS." I promise, if you master these concepts you will achieve every single attainable goal you set for the rest of your life...



10 > [www.TheUltimateTransformationChallenge.com](http://www.TheUltimateTransformationChallenge.com)

# The UTC is a Strategy-Based System



The UTC is NOT a diet; it's a lifestyle. Participants who have completed the challenge have developed life-changing skills, not just weight loss. These same individuals have maintained healthy life style habits and often return despite reaching far beyond their transformation expectations. These distinguished individuals are devoted life-long learners and understand the journey never ends...it only gets more interesting.

How can any diet be complete without addressing individual needs based on observable feedback? How can anyone create the habits of a healthy lifestyle without monitoring the effects of the food being consumed? How can a diet be meaningful and motivational without addressing the much bigger issues within the individual and society? The UTC has changed the lives of countless people by addressing these critical questions, glaringly missing in most "diets."

The UTC is an integrated system consisting of five phases. Each phase is launched with a 90-minute educational seminar and a full color take home manual. An audio book on CD accompanies each manual. Compliance and assistance is monitored through an interactive password protected blog. Each phase is designed with specific goals in mind; thereby keeping you motivated by witnessing gradual progress in both the mirror and in many other aspects of your life.

Our brains and our bodies are constantly striving for balance. As humans we have ONLY two options, stagnation or the pursuit of a worthy dream. We are either actively creating our future or getting better at being victims of our past. By having the courage to create meaningful change in our lives, we constantly move toward a worthy dream. In the end, UTCers realize, it was never about the destination, but rather the journey.

Trust me for three months; I won't let you down. The question only you can answer is: "Will you fulfill this promise to yourself?"

Respectfully,

Thomas Phillips