

# LifeStyle Fitness Coaching

If and when you sign up for any of the Lifestyle Fitness programs that I offer you will enjoy the following benefits:

3 month program includes:

A motivational survey and analysis

Diet and exercise evaluation

Lifestyle analysis

Development of new lifestyle, diet and exercise plan

Check in with coach two times per week to go over progress and make changes as needed

Ongoing email and phone support

Ability to attend seminars and workshops held by your coach or other experts

Exit interview and evaluation to see if you are ready to go off on your own!

Exercising, going to the gym and or working with a trainer is essential, but the most important time for you is the time you are away from the gym. That is where success in life is made. Every aspect of your existence contributes to your health and well being. I will help you to find that balance in your life so that everything works in harmony. If you follow my advice you will succeed! I am not a crutch, I am an educator and I will give you the tools necessary for you to reach your goals. My psychology background combined with my fitness expertise will help you to understand what motivates and drives you so that you may not have to constantly rely on someone else to help you achieve your goals. If after the 3 months you feel you are not ready to go off on your own we can sign you up again at a discounted rate.

Through this experience you will become empowered!

The entire 3 month package is only \$10 per week!

That's \$1.43 per day for three months to become the best you've ever been!  
You're worth it!