

Certified Personal Trainer To Get You Ready For Summer



Location **Florida**
<https://www.genclassifieds.com/x-375101-z>

-Give me a call at and Mention this ad for 2 free sessions!
 -Website: <http://bbfitnesssolutions.com>
 Facebook: <https://www.facebook.com/bbfitnesssolutions>

Hello I'm Valerie. I am a certified personal trainer and weight loss specialist. I understand how losing weight is extremely challenging when you are doing it on your own. I'd like to prove to you that getting in shape is not impossible if it is done correctly and with the right support and guidance. Whether your goal is to lose weight, gain muscle and strength, run your first 5K or mud race, or to just live a healthier lifestyle, I will customize your plan to get you there.

"I don't want to do it"
 "This is too hard"
 "I hate gyms"
 "I'll never get the body I want"
 "This is impossible"
 "I give up"

As a personal trainer, I've heard it all. As a FORMERLY OBESE woman I've experienced it first hand and it wasn't until I hired my own personal trainer that I was able to achieve my weight loss goals.



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What I Offer:



Personalized workout routines
 Nutrition and Time Management
 Motivational advice and Meal Planning
 Safety and proper technique

Workout Routines designed to minimize plateaus and boost metabolism
 Resistance Training
 5K/ Marathon/ Mud Race Training

Flexibility
 Body Sculpting
 HIIT

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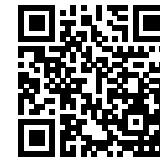
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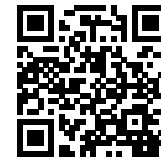
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Supplements, Shakes, Cleanses, Energy Drinks

Training is located in the Fitness Xperts studio, which includes over 5,000 sq. ft of training equipment and space located in beautiful Altamonte Springs. For run drills, I also train at Cranes Roost Park which is conveniently located 1/2 mile from the studio.