

# Health,FitnessGlamorYour Own Personal TrainerExpert Nutritionist



Location **Utah**  
<https://www.genclassifieds.com/x-511197-z>

Your Own Personal Trainer and Nutritionist, a Fitness Package Once Reserved for ONLY the Rich & Famous is Now Available to Everyone

YES, having your own personal trainer and nutritionist is finally affordable and available, and it's what makes my programs so successful.

Recent research revealed:

91% of my Clients Agree that my Always One-To-One Programs Make Fitness Goals More Attainable.  
75% of my Clients Say "My program Either Has or Will Likely Help Me Reach My Fitness Goals"

It all starts with a personal consultation where I get to know you -- your lifestyle and your fitness goals. As a nutritionist, I'll review your diet and weight loss/gain history. What diets have you tried? What are your personal obstacles? As your fitness trainer, I'll review strength, cardio and lean muscle goals, learn about your metabolic rate and muscle-to-fat ratios. Working together, we will design a fitness and weight management program that's individualized for your age, body, life style and goals.

And then, I WILL CONTINUE to work with you, every step of the way, ON EVERY VISIT, to monitor your progress and make adjustments, to ensure that you reach your goal.

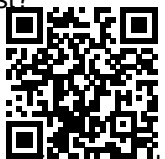
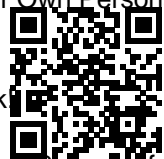
My Fitness and Nutrition Programs are designed by me, a certified physiologist, registered dietitian, Trainer and Nutritionist

Isn't It Time You Had Your Own Personal Trainer and Nutritionist?

My Programs Really Work

My programs are based on 30 years of proven medical and scientific research. My exclusive protocol, a personal program of exercise and nutrition, has helped tens of thousands reach their fitness goals.

I offer a fully integrated training program that incorporates isolation and functional exercises that focus on areas of strength, posture, flexibility, balance, stability, nutrition, and cardiovascular health. Whether you are looking to enhance your athletic performance, lose weight or improve your overall health, I have a program that will cater to your every need. Incorporating cable based training, cardio boxing, body weight exercises, medicine balls and machines are just a few of the pieces that make my workout a complete package to help attain your goals.



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My programs are designed by the exercise physiologist and nutrition expert that I am with the goal of producing the best results for your body type and lifestyle. There are no fad workouts, diets or special foods to buy. You will achieve successful results with my sessions and regular nutritional consults.

#### Affordably-Tailored Fitness & Nutrition Programs

- Body PRO -- Our Full Feature Program for Optimum Weight Loss & Fitness
- Body BASIC -- Trim & Tone; Get Started; Fitness Maintenance
- Elite Fitness -- This Is Our One-Hour Concentrated PTI Workout: The Ultimate Hour
- Stretching a la Carte -- Extend Your Trainer-Assisted Stretching Time or Just Come in for Stretching
- Student Fitness -- Students at Any Level; It's Never Too Early For Fitness!
- Senior Fitness -- Fitness Helps Improve Lifestyle at Any Age!
- Special Health -- Specialized Programs for Every Condition and Level
- Corporate Fitness -- Group Savings Plans for Large or Small Employers

With me You Can Expect to:

- be leaner and more toned
- be healthier and more confident
- have more energy, strength and endurance
- IMPROVE YOUR LIFE!