

# PRIVATE Health Coaching amp Personal Training The LakesCanyon Gate Area (Las Vegas)

## COACH KEVIN TRUMPFELLER

CERTIFIED HOLISTIC HEALTH COACH & PERSONAL TRAINER



I am looking for 8 people who are tired of being tired, unfit, overweight and unhappy.

8 people who want me to help them make the lifestyle changes necessary to lead **HAPPIER & HEALTHIER LIVES!**

**ARE YOU READY TO CHANGE YOUR LIFE? CALL ME AND LET'S GET STARTED. 702.219.1696**

Location **Nevada**  
<https://www.genclassifieds.com/x-583950-z>



Hello, my name is Coach Kevin Trumpfeller. I am a Certified Holistic Health Coach (CHHC) and Certified Personal Trainer. My credentials are available for review at [coachkevintrumpfeller.com/about-me](http://coachkevintrumpfeller.com/about-me)

I AM LOOKING FOR 8 PEOPLE WHO WANT TO MAKE SERIOUS LIFESTYLE CHANGES. 8 PEOPLE WHO WANT TO LOSE WEIGHT, LOOK BETTER, FEEL BETTER AND IMPROVE THEIR HEALTH AND HAPPINESS. 8 PEOPLE WHO ARE TIRED OF BEING TIRED, UNFIT, AND UNHAPPY.

I am offering those 8 people individual one-to-one health and fitness coaching at an incredibly reasonable price at MY LOCATION on West Sahara near Durango. I have access to a small gym, rec room, a pool, a park and the great outdoors.

WHO IS THIS FOR? Anyone who is unhappy with their weight, diet, lifestyle health or fitness. Anyone who is READY to make positive changes. Anyone who has ever wanted a Health Coach or Personal Trainer but couldn't afford one.

HOW MUCH? Sessions are \$25 for a 45 minutes. Each 45 minute session includes Health Coaching AND Fitness Training. If you can only afford one session/week, then that's where we start. I will assign 'homework' that you can complete when you are on your own. If you can afford 2, or 3 or even 5 sessions per week, then you will progress that much more rapidly, and develop healthy habits and a healthier lifestyle much faster. It is completely up to you and the time and resources you have available (and MY

availability).

WE DO NOT have any test, but we determine the number of sessions you will require that you pay ONE session IN ADVANCE. That is your deposit, your motivation to SHOW UP. One reason that personal coaching works is ACCOUNTABILITY! You make commitments and I HOLD YOU TO THEM. You pay, you show up...you don't pay, you crawl back under the covers and go back to sleep. Right?

PRIVATE Health Coaching amp Personal Training The LakesCanyon Gate Area (Las Vegas) \$25 per coaching session x the number of sessions you attend per week. No contract required that you pay ONE session IN ADVANCE. That is your deposit, your motivation to SHOW UP. One reason that personal coaching works is ACCOUNTABILITY! You make commitments and I HOLD YOU TO THEM. You pay, you show up...you don't pay, you crawl back under the covers and go back to sleep. Right?



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WHAT DO WE DO? This is dependent on your current fitness level. The fitness training portion of each session will always be just enough to challenge you, but not so much to exhaust you. We will also discuss nutrition and healthy lifestyle changes AS we train.

WHAT DO I NEED? Comfortable clothes, comfortable shoes, a small towel and a water bottle.

WHAT SHOULD I LEAVE AT HOME? Your kids and your dog. And lock your phone in your car. Sorry, but we need to focus, train and learn the entire 45 minute session.

Are YOU ready to change? This is an incredible opportunity, I charge \$199 to \$399/month for one hour/week online health coaching. You get me LIVE and in person for \$25 per session with NO membership fees, NO equipment to buy and NO contract.

Don't miss out! You can Call, Text or Reply by email above. We'll schedule an initial session to go over the details, answer any questions you have and set up a training schedule to get you started on the road to a Happier, Healthier You!

I look forward to meeting you. Coach Kevin