

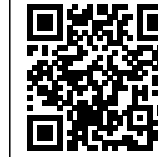
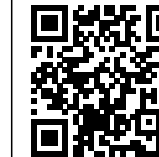
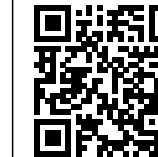
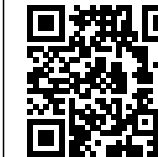


I have multiple options of training.

- private fitness studio with no public access so it's only me and the client at the time
- Nutrition plan
- Training program for the day we don't see each other
- Motivation and support
- Knowledge of exercise
- Knowledge of nutrition
- Fitness lifestyle assistance
- Ready to answer all your questions 24/7

- Nutrition plan
- Training program

☐ Motivation and support  
☐ Knowledge of the disease  
☐ Knowledge of nutrition  
☐ Fitness and exercise assistance  
☐ Ready to answer all your questions 2/7



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