

# Do you want to lose weight Look and feel better I CAN HELP

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Location

Florida

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QR Code Link to This Post Are you struggling with being over weight? I can and want to help you!! I am a Certified personal trainer who is 53 years old , that works at Fitness CF in St. Cloud, FL , that has been training - working out most of my life , who has designed a routine which involves cardio and strength training, targeting maximum weight loss. I went from 270 lbs to 175 lbs lean and shredded. I lost 95 lbs while tightening muscles and skin in just 6 months time. I can coach and train you to achieve your weight loss goals and reshape your body, like I did for myself. By completely applying yourself and me properly guiding you with a healthy diet and work out routine, one can truly loose weight and reshape the body, in just a few months. I would like to help you all that is needed from you:

- A. Come to a gym on a daily basis located in Saint Cloud.
- B. Be in good health, just over weight with a positive attitude and desire to succeed. (No major health issues.)
- C. Everyone Must carry a gym membership.
- D. I will be available from Monday to Friday in the morning or evening contact me at email and set up an appointment / meeting and we can set up schedule and routine for you that works for both .

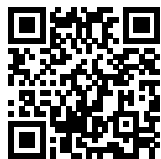
Looking for people available for an aggressive routine maximum weight loss: 2-3 hours daily or for a moderate routine 2 hours daily (with before and after pictures and testimonials) I guarantee if you work with me together with a set routine, you will lose 4 to 6 lbs of weight weekly - Burn Fat - Build Muscle - Get leaner and feel better about yourself and have more confidence!! "Maximize your time and effort" Don't just join a gym - join a gym in St Cloud and use 100% of my effort coaching and weight training with cardio - assisting you to help you succeed - it's a "win-win" situation.

Contact me if you are interested and want to make a life change. I am looking forward to hearing from you. Contact me at the above email.  
I want to help the person you are now, be the person you want to be -educate you and get you in the best shape of your life.

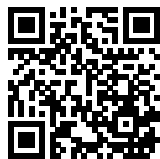
Depending upon each persons level of good health, stamina and pure personal drive - the routine would change.



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