

# THE **FIT**Effect



## NICK HAYWARD

OWNER/TRAINER    ISSA-CPT//AAFA-CPT

Nick has been a fitness and strength training coach for nearly 20 years. An extensive knowledge of exercise science, resistance/cardiovascular training and nutrition enable him to assess each client and create custom programs based on their individual requirements.

Whether it's losing weight, toning up, building muscles or increasing stamina, we will help you reach your fitness goals through personalized training. The Fit Effect can teach you how to stay that way for life.

Nick's diverse background, desire and passion for his own personal fitness are the keys to his capability and commitment to helping you achieve your personal fitness goals.

**"My training methods are not for everyone...  
They are for those who want results!"**