

Lifestyle Fitness and Nutrition

Personal training in your home, office or outside (women only)

As a Certified Master Trainer, I can help you realize how your health and fitness goals can be achieved. My training programs focus on complete lifestyle changes, so you can not only see results fast, but also learn how to make time for fitness and make healthier dietary choices. Programs are created around a client's current fitness level, health history, and personal goals, assuring a safe and effective fitness program. It takes time, dedication, and motivation to see real results with any exercise program and I'm with you all the way.

Small group training in your home, office or outside (women and couples only)

Small group training allows you to work out with a Certified Master Trainer without the cost associated with hiring a trainer. There are a wide variety of ways to encourage you to maintain your training regimen, but a small group training plan is one of the best ways.

Bootcamps, Programs and Seminars (coed)

Our bootcamps are an ultimate indoor, outdoor fitness program offering fitness instruction from a Certified Master Trainer, valuable nutritional coaching and supportive motivational training. Each session is unique and carefully designed to yield AMAZING RESULTS! This stimulating workout alternative will melt body fat, build muscle, increase strength and endurance, and encourage your personal best...and you'll love doing it.

At home fitness and nutritional challenges (coed)

As a Certified Master Trainer, I can offer you various at home programs designed to help you achieve your fitness and nutritional goals and live a healthy, fulfilling life.

Nutritional coaching (coed)

As a Certified Fitness Nutrition Specialist, I have the ability to find limiting factors in my client's progress and eliminate them. Frequently, nutritional intake is the limiting factor for clients.

www.LifestyleFitnessandNutrition.com
1LifestyleFitnessandNutrition@gmail.com
(732) 620-2312



Lifestyle Fitness and Nutrition

(732) 620-2312

