

**1 on 1 Personal Training
At Your Home , Office or Our State
Of The Art Studio**

Individualized Fitness Programs

Post Injury Rehabilitation

Sport Specific Training

Youth Fitness Programs

Senior Fitness Programs



Health & Wellness Services:

Fitness Therapy

Lifestyle Coaching

Weight Management

**We Offer A Complete Line Of
Nutritional & Wellness
Products**

**FITNESS
4
YOU**



Personal Training
Fitness With A Focus

www.fitness4youinc.com

Phone: **631-252-6132**
516-945-4829



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4
YOU**



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Let's Get Personal....



Are you ...

Fit Or Frustrated?

Hopelessly Out Of Shape?

Wasting Time And Money
At The Gym?

Trying To Lose Weight?

Finding It Hard To Stay
Motivated?

Feeling Stressed And Tired?

If The Answer Is YES....

Personal Training

Is For You!

Fitness is a Lifestyle

Exercise, whether aerobic or lifting weights, can lift your spirits. You not only look great, you feel great and it becomes a way of life.

Getting into the best shape of your life is easy with a comprehensive fitness program that will help you improve your cardiovascular health, muscle strength, flexibility and even reduce stress. In addition, you will reduce body fat, become motivated and educated, build confidence and self-discipline, look and feel better and best of all increase your chances of living longer.

Staying motivated to exercise day to day, week-to-week is difficult, especially for those with busy lifestyles

Fortunately **Fitness 4 You** can Help

We understand the science of fitness as well as the barriers and roadblocks to long lasting fitness success. We are committed to helping you achieve your health and fitness goals.

*Our mission is to empower you to make the choices necessary to get and **STAY** in the best shape of your life.*

You will work with a highly qualified and nationally certified personal trainer who will guide, motivate and inspire you...all in the privacy of your home, office or our state of the art fitness studio.



Benefits Of A Comprehensive Exercise Program:

Reach Your Goals Faster

Reduce Stress

Prevent Injury

Gain self confidence

Establish Self Discipline

Increase Flexibility

Look Better

Feel Better

Live Longer

GET RESULTS!

