

HIRING A PERSONAL FITNESS TRAINER MIGHT SEEM LIKE A LUXURY IF YOU ARE ON A TIGHT BUDGET, BUT IF YOU REALLY WANT TO GET THE MOST OUT OF YOUR WORKOUTS, A TRAINER IS A GREAT INVESTMENT. THE IMPROVEMENT IN YOUR HEALTH AND FITNESS LEVELS CAN HAVE LONG-TERM PAYMENT IN QUALITY OF LIFE, AND EVEN DECREASED HEALTH CARE COSTS. THAT SOUNDS LIKE A GOOD INVESTMENT STRATEGY IN MY BOOK!

### 3 REASONS WHY HIRING A PERSONAL TRAINER IS WORTH IT:

1. BECAUSE YOU ARE WORTH IT. YOU ARE WORTHY OF WELLNESS AND FEELING GREAT ABOUT YOURSELF! I ALWAYS SAY THAT HEALTH IS WEALTH; WITHOUT YOUR HEALTH YOU'RE JUST CRAPPY (AND I SAY THAT WITH THE UTMOST RESPECT).
2. KEEP YOUR BODY FROM GETTING ALL JACKED OUT OF PROPORTION. THE SECOND SET OF EYES YOU HAVE WITH A PERSONAL TRAINER IS IMPORTANT TO CORRECT YOUR FORM AND KEEP YOU WELL-BALANCED. I AM A HUGE STICKLER FOR PROPER ENGAGEMENT AND ALIGNMENT, I CAN SERIOUSLY BE ANNOYING, BUT YOU'RE BETTER OFF.
3. SUSCEPTIBILITY TO INJURY INCREASES BEING SOLO. GOOD MECHANICS AND FORM, WHEN TO REST, WHEN TO MODIFY AN EXERCISE AND PROGRESSING TO THE NEXT LEVEL ARE ALL POINTS TO BE MADE BY YOUR TRAINER.

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I AM A FITNESS PROFESSIONAL THAT CAN TAKE YOU TO WHERE YOU WANT TO BE - BOTH EMOTIONALLY AND PHYSICALLY- ONLINE OR SEE YOU IN A NEAT, FUN, AND PRIVATE FACILITY LOCATED IN HILLSBOROUGH NJ. I OFFER IN-STUDIO 60 MINUTE SESSIONS AND 30 MINUTE EXPRESS SESSIONS DESIGNED TO MEET YOUR GOALS AND EXCEED YOUR EXPECTATIONS, AND ALSO OFFER ONLINE COACHING USING MY STRENGTH & STRETCH SERIES LAUNCHING THIS SUMMER 2017! IF YOU ARE LOOKING FOR OR KNOW OF SOMEONE LOOKING FOR A SPECIALIST TO HELP THEM GET IN THE BEST SHAPE OF THEIR LIFE, PLEASE CONTACT ME!

*WHATEVER YOUR GOAL, I AM DEDICATED TO HELP YOU REACH YOUR FULL AND BEST POTENTIAL.*

*LET'S HEAT IT UP, AND SWEAT IT OUT!*

