



TD Fitness
Educate. Train. Give.



Features

- Initial and follow-up health assessments every 90 days (conducted in-person or remotely)
- Individualized nutrition analysis and recommended dietary improvements
- Individualized exercise program design sent to you each week with instructional videos included
- Weekly communication and 30 minute phone/Skype consultation every month
- A year-long subscription to our online fitness suite with over 900 expert-created workouts
- On-going email support

Exclusive Health Coaching

Maybe you have a general idea of what you should be doing to improve health and fitness (better diet, more exercise, etc.). Implementing the right, sustainable changes into your lifestyle can prove to be more difficult, however. Knowing exactly what's right for you and how to start or maintain a healthy lifestyle can be confusing at times. Health coaching is meant to support you in your health and fitness goals by identifying realistic, appropriate changes that are tailored to your individual needs.

We provide step-by-step tools for your long-term health and permanent lifestyle change. Health coaching provides an added dimension to personal training. One difference between working with a traditional personal trainer and health coach is the feeling you're left with. When you work with a health coach, you're given the know-how to recognize barriers to health in your own life, overcome those obstacles, and move forward on your own accord. Instead of leaving a session thinking "my trainer is terrific," you're left thinking, "I'm terrific."

As a personal trainer and health coach, I meet you at both your fitness level and your motivation level. I will help guide you through exercise- and weight-related behavioral changes. You can expect help with goal setting, education, motivation, exercise programming, support, and progression at an appropriate pace. Your experience is highly personalized and catered to suit your goals and needs. For this reason, slots are limited.

Merging technology, professional expertise, and my desire to help others, health coaching is the perfect blend for those individuals or families who want to improve their health without spending time and money on individual personal trainer sessions.

Email me at TrainerT@tdfitness.net for more information or to get started.

WWW.TDFITNESS.NET