

# LA Fitness Dr



## BIO:

As a Wellness Coach, Personal Trainer, ND and CNC, I will equip you to attain optimum wellness and quality of life.

Wellness areas include fitness, nutrition, weight, stress, health risk and lifestyle issues.

Together, we will identify goals, uncover obstacles and find strategies to overcome them.

Coaching will include contact by email or phone (as well as in person) as necessary. Coaching will include two to three 45-minute sessions per week.

As the coaching process continues, nutritional assessments will be made, noting necessary changes to tweak performance, energy levels and overall feelings of well-being. - Stephanie Woodworth , ND, CNC, PT

W: [www.lafitnessdr.com](http://www.lafitnessdr.com) E: [lafitnessdr@gmail.com](mailto:lafitnessdr@gmail.com)

 @lafitnessdr

## LA Connect Membership Deal

Single 50 min. Session: **\$100**

6 Wk Package: **\$600** (2-45 min. weekly sessions)

8 Wk Package: **\$725** (2-45 min. weekly sessions)

12 Wk Package: **\$960** (2-45min. weekly sessions)

\*All packages include free fitness/nutrition assessments | travel fee over 30 miles.

*"It has been my pleasure to work with various trainers, nutritionists and coaches over the years. There was only one who was "the complete package" and that was Stephanie.*

*My workouts were specifically tailored for the goals we established and each one thoughtfully developed. Stephanie had a unique gift to motivate you in ways that were both encouraging and tough. I have struggled to keep my strength up and my weight down since she moved to California. Michigan's lost was California's gain. A person's life is blessed with Stephanie as your coach."*

*-Dave (Wall Street Attorney)*