

# **Seal Of Fitness**

## *Motivated – Dedicated - Educated*

Are you putting in the effort, but not seeing the results?

For many people, one-on-one instruction helps to achieve goals in both fitness and health.

Our mission at Seal Of Fitness is dedicated to providing a safe and effective environment to build a better understanding and appreciation of strength training, aerobic conditioning, and eating a nutritious balanced diet.

Our aim is to provide a positive and affordable approach to health and wellness – targeting every level of fitness. With up-to-date advice on nutrition, strength training and cardio-respiratory awareness, Seal Of Fitness strives to inspire each client with a lifelong appreciation for fitness.

Because no two people are alike, our goal is to create a customized fitness program for each client. Seal Of Fitness will take into consideration your medical and family history along with other key factors to design a personalized workout program that will meet your fitness goals.

Life is about living. Seal Of Fitness is aimed at helping you do just that - live a more productive, meaningful life coupled with increased energy and less stress.

### ***Our Philosophy***

*The key to 'results' is knowledge, the more you know, the more you grow.*

### ***Our Mission***

*Provide a positive and affordable approach to health and wellness – targeting every level of fitness.*

### ***Our Vision***

*Make personal training an easy approach to a lifetime of strength and conditioning.*

### ***Our Motto***

*To build strong, lean, healthy bodies one day at a time.*

**"If there is not struggle, there is no progress"**

- Frederick Douglass, Abolitionist & Editor