

Personal Trainer

Mark Savoia

Health is a way of thinking, a way of living, a way of being. As with any change, there is a transitional period from the old way, to the new. When it comes to you, changing from old to new is more about the way you see than the way you move. An ounce of prevention is worth a pound of cure. I have been health conscious for 14 years and with much education, trial and error, I have developed a health philosophy I call, Complete Human Coaching. With this philosophy any and all people will be able to improve their health. It doesn't matter if you are an elite athlete, or someone who has never stepped foot inside of a gym. Complete Human Coaching will transform your health and improve the quality of your life in all areas.

Complete Human Coaching is a way of seeing life through the perspective of health. Where seeing that all things are connected and that the fundamental nature of reality is interconnectedness. With this interconnected perspective I will help you see and understand how your health is your habits. You will learn how things like the type of shampoo you are using is stopping you from losing body fat. I will help you see the unseen and how that vision will reverse the process of perishing.

As with all great things, great health takes time. I have developed a system of self-sufficiency and I promise you that within 3 months you will no longer need to turn to others to care for your health. This will save you thousands, potentially hundreds of thousands of dollars in hospital and doctor bills, it will save you time in research since I have already done it, and it will give you a higher quality and quantity of life which will allow you to more fully enjoy the things that matter most to you.

"We are what we repeatedly do. Excellence then, is not an act, but a habit." -Aristotle

Excellent health and an excellent life come from the habits we embody.

Costs:

Bi-Weekly	Tri-Weekly
\$1,000.....3 Months.....	\$1200
\$330.....1 Month.....	\$400
\$80Weekly.....	\$99

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