

GET FIT TODAY WITH

FITE 'N' FIT

FITNESS BY HEALTH STRATEGIES

I was looking for a local personal trainer when I came across the Fite'n'Fit personal training studio at Lawnton. It was there that I met my trainer Kyle who has trained me since February 2010.

Kyle has helped me gain fitness and strength which helps support my busy lifestyle and family. My training sessions are fun, focused and challenging and I find that I have a lot more respect for my health which has been evident by my continued weight loss.

I have been well supported and encouraged by Kyle and Kris in my personal journey and I know that my long term outlook towards fitness and exercise has certainly changed, along with my self esteem, future health and fitness goals. This is a personal journey, so Kyle, my personal trainer has been there and made sure that I achieve and succeed.

Thanks guys.

Aven Schardt



After



Before