

# HEALTHY LIVING

Believe In The Power of Self.



Carl G. Gunderson  
SIMPLY HOLISTIC  
FITNESS, LLC

ACE-Certified  
Personal Trainer

YogaFit Certified  
Instructor

Michigan State Graduate

Eagle Scout

## Simply Holistic Fitness, LLC. “All Things Are Possible”

Welcome, my name is Carl Gunderson and it would be my honor and privilege to be your Personal Trainer in 2010. All things are possible in health, happiness & wellness when we believe in the Power of Self.

As a holistic personal trainer, I work with my clients to develop a strong sense of self, bringing “balance” to their emotional, physical & spiritual centers or “mind, body & spirit.”

The Law of Attractions states we attract what we project. What are you projecting? Is it strength, honor, integrity? Or how about health, happiness and wellness? If not, let’s get you back on the right path to healthy living with greater strength, passion and vigor for the life you were meant to live.

This is your LIFE What’s your inner-voice saying? Listen and follow it. As human beings we were created to be healthy, happy and well.

As an ACE-Certified Personal Trainer and YogaFit Certified Instructor I specialize in :

- Strength & Core Training
- Cardio Conditioning
- Musculoskeletal Flexibility
- Vinyasa Yoga
- Nutritional Counseling
- Wellness Education
- Meditation
- Balance & Coordination
- Personalized Training
- Group Training

I am available for both personal & group training at Hamburg Fitness Center. No equipment? No problem. I bring everything necessary to give you a safe, fun and effective work out. I train clients at their home, place of business or gym. Consultations are free, so let’s talk about your personal fitness goals for the new year and the new you!

All things are possible. Believe in the power of you. Always.

Namaste

**Carl G. Gunderson**  
**SIMPLY HOLISTIC FITNESS**  
“Healing Mind, Body & Spirit”  
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