



## Beth Rzendzian BS, CPT

ACE Certified Personal Trainer

Bachelor of Science in Kinesiology & Exercise Science

AASDN Certified Nutrition Specialist

It is my mission to provide the top quality services that make health and fitness, convenient, safe, functional, fun, and most often life changing. Life often becomes hectic and chaotic and we often times put off taking care of our body, mind, and spirit. I provide the education and coaching to bring my clients back to center, feeling great and energized, and ready to take on life's many activities with comfort, strength, and ease.

Success is yours! Let me help you achieve it.

### Services

#### Training Specialties

- Weight Loss and Control
- Exercise Machine Personal Set Up
- Functional Strength Training
- Kettlebell Training
- Injury Prevention & Recovery
- Exercise Over 50
- Health Risk Assessment & Management
- Flexibility Training
- Foam Roller Myofascial Release

#### Nutritional Consulting

- Individualized Programs
- Food Log/Journal Analysis
- Caloric Need Calculation

#### In-Home Training

- Private and Convenient
- One-on-One, Couples, Small Group
- Equipment Provided to Get Started

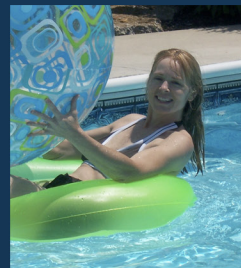
#### On-Line Live Video Training

- Internet Live Feedback from Trainer
- 30 Minute-1 Hour Work Out Option
- Work out with your Trainer While Traveling

### Testimonials



"A game changer - if you are serious about addressing your overall health get with Beth. Expect workouts that will be intense but well worth it." ~Chris L. - 2008



"I experienced great strides in my personal fitness goals while working with Beth. She made a tremendous difference! After a few weeks with her help, I was looking forward to my workouts. My mental health and my physical well being had improved, and it has continued to improve. I highly recommend Beth as a trainer, no matter what your goal may be!" ~ Lee V.

### Coupon Savings

# 15% OFF

(up to \$75 Savings)

Your PT Package When you Mention this flier!

Call Today for Your Free Consultation!

517-376-1400

[www.EverFitFitness.com](http://www.EverFitFitness.com)