

WRITE ON FITNESS

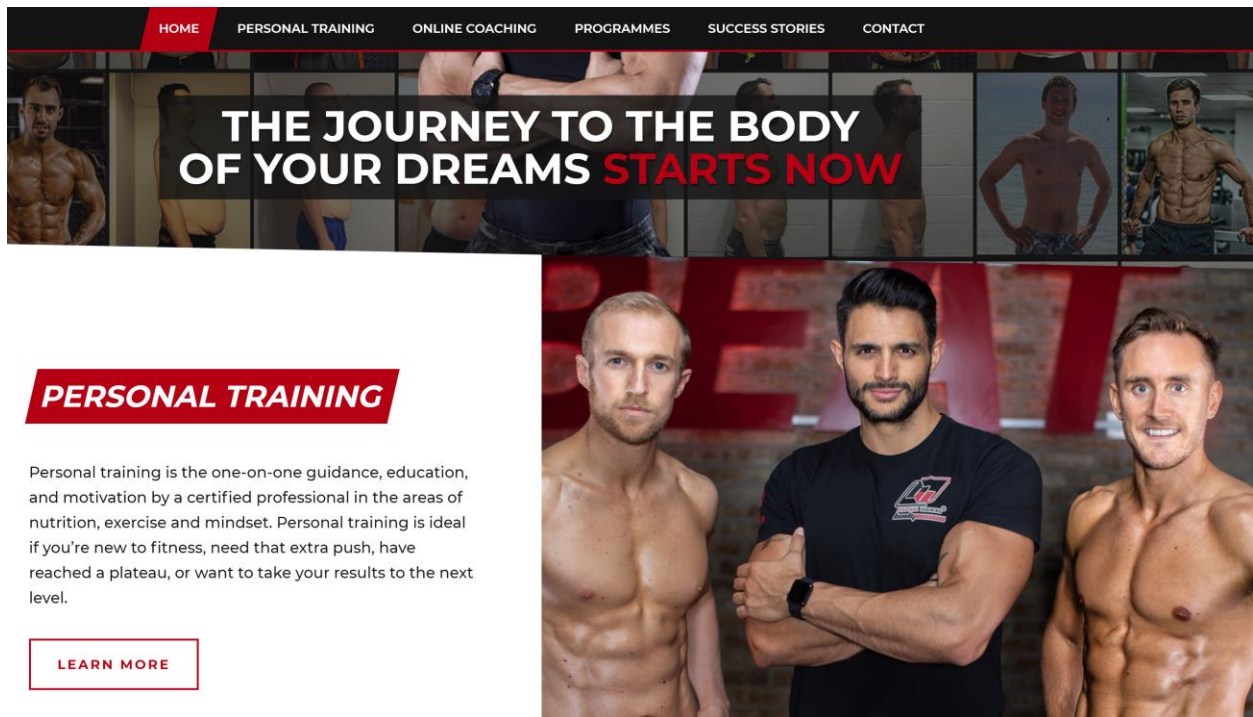
Client: Body Vision Personal Training

Project Description: Website copy for client's home page and personal training services.

HOME PAGE

The Journey to the Body of Your Dreams Starts Now

Personal training is the one-on-one guidance, education, and motivation by a certified professional in the areas of nutrition, exercise and mindset. Personal training is ideal if you're new to fitness, need that extra push, have reached a plateau, or want to take your results to the next level.




HOME PERSONAL TRAINING ONLINE COACHING PROGRAMMES SUCCESS STORIES CONTACT

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PERSONAL TRAINING

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PERSONAL TRAINING

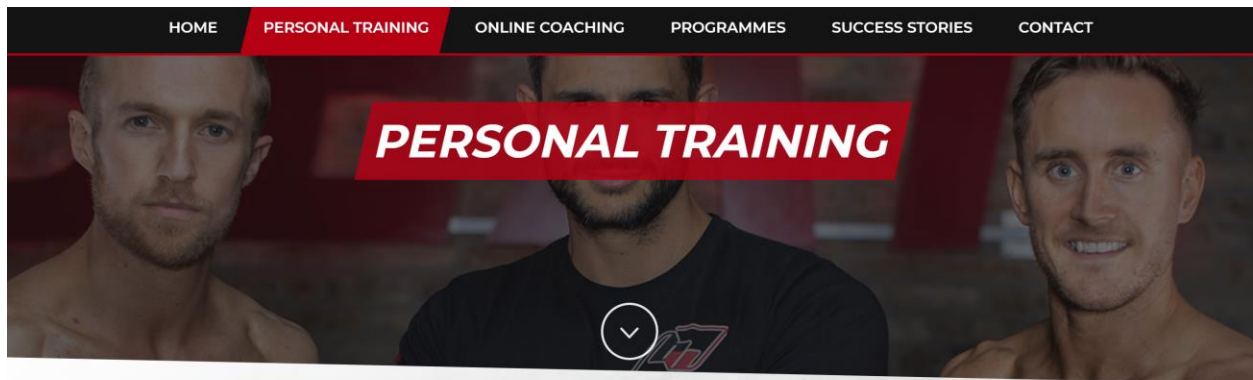
Overview

If you want to change the way that you look at yourself and feel in your own skin, working towards your ideal physique is essential. However, it can seem like a daunting challenge when you've never worked out before.

Maybe you've been trying for months or years to achieve your ideal physique but you always seem to fall short because of all the confusing and incorrect information that's available.

Are you constantly playing mental mind games with yourself, coming up with unlikely scenarios that kill the motivation to exercise? This is where a personal trainer like Nikos can help.

Nikos is a certified fitness expert that has in-depth knowledge in proper assessment techniques to create the ideal exercise program and nutrition plan for you.



OVERVIEW

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