

## 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.

### BENEFITS



- ✓ **Makes Life Easier for You**
- ✓ **Learn Lifelong Knowledge**  
You aren't just following commands when you work with Body Vision, you are actively learning how to exercise and take care of yourself for the rest of your life. It's like the expression from the old Hawaiian Lapa Tia: "Give a man a fish and you keep him for a day. Teach him how to fish and you feed him for a lifetime!"
- ✓ **Injury Prevention**
- ✓ **Support System**
- ✓ **Fit to Plan - Plan to Fit**
- ✓ **Faster Results**
- ✓ **Pushing the Barriers**
- ✓ **Customized Program for YOU**

### WHAT NIKOS CAN PROVIDE

- ✓ **Diet & Nutrition**
- ✓ **Fat Loss**
- ✓ **Building Muscle**
- ✓ **Mobility & Flexibility**
- ✓ **Mindset Coaching**
- ✓ **Core Strengthening**
- ✓ **Posture Correction**

### TAKE THE NEXT STEP

Are you ready to take the next step towards your goals?

[BOOK A FREE CONSULTATION](#)