

**PAMELA MYERS
MODEL FITNESS
SERVICES & STRATEGIES**

Services & Products

- Fitness Assessments
 - Resting HR
 - Body Composition
 - Body Weight (Lean Mass)
 - Body Fat
 - Body Mass Index
 - Circumferences
 - Cardiorespiratory Fitness
 - Muscular Strength and/or Endurance
 - Flexibility & Postural Analysis
- Products
 - Daily Journals / Menu & Activity Planner
 - Lunch Bags / Green Tea
- Progress Tracking
- Nutrition & Weight Management
- Assisted Stretching
- Individualized Exercise Program Design
 - Youth / Adult / Seniors
- Training Options
 - Studio / In-Home / Online / Corporate
 - One-on-One / Partners / Groups

We offer several different training packages, flexible monthly payment options, and gift certificates.

Prevention Strategies for Promoting Wellness

- Exercise and Remain Moderately Active
- Eat a Proper Diet
- Prevent Obesity
- Stop Smoking
- Practice Stress Management
- Practice Self-Care

By cultivating a lifestyle change that includes regular physical fitness, good nutrition, and wellness; you can take control of your mind, body, and spirit!



**PAMELA MYERS
MODEL OF FITNESS**

Pamela Myers MODEL FITNESS
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PAMELA MYERS
MODEL OF FITNESS

**PERSONAL FITNESS
TRAINING**



**FOLLOW
ME TO
FITNESS**

**PAMELA
MYERS**



"It is my desire to assist you in becoming healthier and happier, and in improving your quality of life. It is my goal to do no harm while getting you in the best shape of your life."

**Call & schedule your Personal Fitness Training Session.
Start your transformation TODAY!**

**TRANSFORM
YOURSELF... BECOME A
MODEL OF FITNESS!**



BECOME A MODEL OF FITNESS

Together we can make a difference in improving YOU!

Wherever you currently fall on the Wellness Scale (from having a risk of premature death to high level wellness), we can work together to improve your health status.

Wellness is a way of life. Integrating prevention (minimizing the risk of lifestyle-related diseases and disabilities) and holism (integration of the mind, body, and spirit for optimal functioning) are keys to self-empowerment and self-efficacy (having a sincere feeling of I CAN DO THIS!)

Elevate Your Self Esteem

Increase Muscle Tone

Decrease Body Fat

Heighten Your Energy Levels

Prevent Depression & Illness

Boost Your Immune System

Turn On Your Metabolism



TRAINING RATES

\$75/Session	Individual Hourly Session(s)
\$70/Session	3 Month Agreement
\$60/Session	6 Month Agreement
\$50/Session	12 Month Agreement

Partner Sessions (*2 People)

\$40/Session	12 Month Agreement
*~(Per person sharing same 1 hour time slot)	

Group / Mult. Client Sessions (*3 or More People)

\$30/Session	12 Month Agreement
*~(Per person sharing same 1 hour time slot)	

\$5/Session	Travel Fee (Add'l In-Home Fee)
\$25/Session	Assisted Stretching (1 Session)
\$20/Session	Bundled Assisted Stretching
\$50/Hour	Nutritional Consultation
\$40/Hour	Fitness Assessment
\$40/Hour	Competition Prep Consultation
\$30/Hour	Figure/ Fitness Posing Coaching
\$300/Pkg	Nutritional & Exercise Program Design
\$200/Pkg	Exercise Program Design (Only)

Gift Certificates are Available Upon Request

TRAINING AGREEMENT

- **Hourly Sessions**
 - Fitness Assessment (Initial)
 - Nutritional Consultation (Initial)
 - Cardiorespiratory Programming
 - Strength & Endurance Programming
 - Flexibility Programming
 - Assisted Stretching
- **Clients must call within 12 hours of their scheduled appointment(s) in order to reschedule, cancel, or change their appointment(s);** otherwise, charges will be assessed for the sessions in question.
- **All sessions must be completed within the agreed upon timeframe(s) or session(s) will be forfeited.**
- **All fees must be paid prior to services being rendered.**
- **Monthly payment options available.**

STUDIO LOCATION(S)

c/o **Gold's Gym (Located in Ellenwood)**
1790 Panola Road
Ellenwood, GA 30294

c/o **NuBody Personal Training (Located in Vinings)**
2150-D Powers Ferry Road
Atlanta, Georgia 30339

c/o **Snap Fitness (Located in Glenwood Park)**
920 Glenwood Avenue
Atlanta, Georgia 30316

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