

**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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Atlanta, GA 30321

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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	<b>Assisted Stretching</b> (1 Session)
\$20/Session	<b>Bundled Assisted Stretching</b>
\$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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