

# Donation Based Fitness Nutrition Coaching






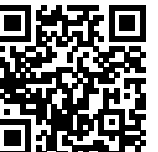






Location **Pennsylvania**  
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I'm an Exercise Physiologist and Pre MD/PhD student studying Biochemistry. I'm passionate about helping people reach their health and fitness goals. I believe that health and fitness is the foundation for enjoying life to the fullest. My vision in life is to lead a worldwide movement of holistic body-mind health and optimal performance. My mission in life is to empower people with the foundational principles that are essential to optimal health performance and a successful life of well being.

My plans are comprehensive, focusing in detail on all of the following areas

1. Quality Nutrition
2. Quality Supplementation
3. Stress Reduction & Detox
4. Injury Prevention & Rehabilitating Current Injuries
5. Weight Loss
6. Posture Training
7. Cardiovascular Training
8. Primal Movement Pattern Training
9. Strength & Aesthetic Training

My goal is to provide as many people as possible with quality health plans regardless of circumstances, therefore my services are donation based. Feel free to contact me for more.

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