![A close up of a logo

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***Physiques Training Center Health Coaching***

Our training center is so excited to present Health Coaching to our members and clients. Physiques is the only training center with a full staff including Physician, RN, Registered Dietitian and Certified Trainers. We strive to empower and educate our clients.

Health Coaching helps our clients with Habit change, Results, and healthy lifestyle.

***WHAT IS INCLUDED:***

\*Full nutrition assessment

\*Small group strength training

\*Injury prevention and recognition

\*Supplement Solution

\*Weekly body compositions and water evaluations

\*Individualized exercise prescription from an Exercise Physiologist and RN

\*Recommended flexibility training

\*Objective setting

\*Weekly exercise revisions

***A Physiques Health Coach plays and important role in the client’s success and sustainability***