

Now Offering!

Health Coaching

******Health coaching is one of the top 10 fitness trends of 2018******

Why hire a Health Coach?

- **Help better manage chronic conditions**
- **Help those with food allergies navigate daily living**
- **Develop strategies for stress management**
- **Make better eating choices**
- **Focus on behaviors outside your daily bout of physical activities**
- **Great addition to Personal Training, Pilates or any group class!**

We currently have 3 health coaches on the FBD team:
Desiree Reichenbacher, Ingrid Larsen, & Lisa Miller

Contact Barb for more details: barbworkout@gmail.com