

Helping Our Clients Become
The Very Best Version Of Themselves

Individualized Fitness Programs
For All Ages & Levels
Including Youths, Seniors and
those with challenges.



Functional Fitness

Weight Management

Body Composition Testing

Sport Specific Training

Exercise Therapy/ Post - Rehab

Lifestyle Coaching

Nutritional Guidance

Virtual Fitness/ Nutrition Coaching

Strategize
Engage
Transform

Dear Body,

I'm sorry I have treated you this way, feeding you the wrong foods and not taking care of you.

I promise to do better and get you back to the best shape and fitness level you can be.

WE CAN DO IT!

Sincerely,
Me



A
Fitness Lifestyle
Center

290 Smithtown Blvd.
Nesconset, NY 11767
631-252-6132
(hours by appointment only)

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info@fitness4youinc.com

Let's Get Personal....

Are you ...

Unhappy With Your Appearance?

Hopelessly Out Of Shape?

Trying To Lose Weight?

Feeling Stressed And Tired?

Getting Few Or No Results?



If The Answer Is YES
YOU NEED TO CALL US!

*"Knowledgeable but more importantly
cares about helping people get fit."*

-Debra B..

"Fitness 4 You changed my life!"

-Sean R.

"Fitness Is A Lifestyle"

Fitness 4 You was founded on the concept of guiding each client to make the right choices to live a fit and healthy life. Whether your goal is to shed a few extra pounds, tone up, build muscle, improve sports performance, increase flexibility, reduce stress or just feel and look your best we will design a customized program that will get you on track, keep you motivated and most important deliver the results you desire. We employ state of the art techniques and use a variety of modalities in order to ensure that our clients stay motivated, committed and remain focused on their lifestyle goals allowing for more **permanent results.**

Get Ready, Get SET, Get Fit

WE ARE NOT A GYM

Our clientele seek to overcome the roadblocks and barriers to lasting lifestyle change in a **non-gym** environment.

Fitness 4 You is dedicated to providing top quality and professional Lifestyle Coaching to help you reach your fitness and lifestyle goals as quickly and efficiently as possible.

Age, fitness level or experience are not an issue.

We work with all types of clients including youths, seniors and those with disabilities or other challenges.

Our staff is highly qualified and nationally certified and will motivate, educate and inspire you throughout your journey.

"Thorough, Knowledgeable, Excellent!"

-Warren M.

"Caring trainers, flexible schedules, clean and well run environment and a variety of exercise routines."

-Jacquie K.

Some Benefits Of A Comprehensive Exercise Program:

Reduced Stress

Increased Energy

Lowers Risk Of Disease

Improved Muscle Strength

Improved Body Image

Increased Bone Density

Establishes Self Discipline

Increased Flexibility

Look Better

Feel Better

Live Longer

GET RESULTS!

"I always enjoy my workouts!....."

- Janet T.



"Fantastic, No-Nonsense Training..."

-Rich S.