



## Who is Sue Smith??

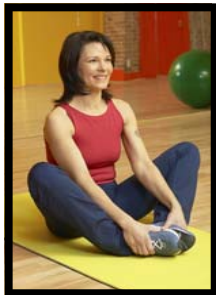
I am a real person with real challenges! My goal is to make you feel as comfortable as possible as we work together to overcome *your* challenges!

I am passionate about helping people help themselves! By bringing my extensive fitness/health background together with my training in support and recovery I will provide you with the tools, the inspiration and the "toughlove" to make your life what you've always wanted it to be! And I promise I will make it FUN!!

I have been in the fitness business since 1985 as a certified Group Exercise Instructor and Personal Trainer. I was the Fitness Director at the Fox Valley YMCA and at Rush-Copley Healthplex. One of my favorite things to do was to create motivational programs to keep people moving-and LIKING IT!!

I have been forming various support groups since 1987 because I believe that we can't get through life's challenges when we try to do it alone.

I love to creatively help people be the best they can be! I would love the opportunity to chat with you about what you are struggling with! Give me a call or send me an email.



## Does this sound like you?

- "I'm too intimidated to go to a gym."
- "I have all this equipment but now what do I do with it?"
- "I know I need to eat better but where do I start?"
- I need accountability-someone to cheer me on!"
- "I'd prefer to workout in the privacy of my own home."

**I have the solutions  
to your excuses!!**



## Whole Life Fitness

Your life affects your fitness, your fitness affects your life

## In-home training

WholeLifeFitnessOnline.com

630.450.2343

info@WholeLifeFitnessOnline.com



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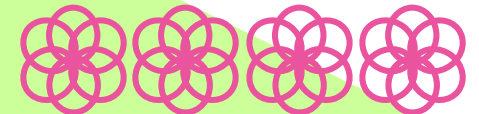
## Sue Smith

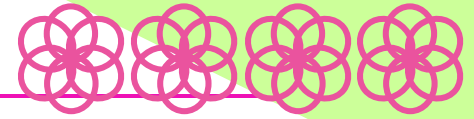
Fitness Coach

**Fitness Comes to You!**

630.450.2343

info@WholeLifeFitnessOnline.com





## Why in-home training?

In-home training overcomes two of the common obstacles that prevent many people from becoming healthy: the intimidation factor of walking into a gym or club along the cost and the inconvenience a membership. Probably the **BIGGEST** benefit from in home training is that I show up on your doorstep at our prearranged time-kind of difficult to skip out on your workout, right?

Choose your package today!  
Not sure what you need? Email me:  
[info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)  
Or call me at 630.450.2343



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## QUICK START!

*YOUR FIRST STEP TO GOOD HEALTH!*

This 60 minute session includes discussing your goals in more detail then developing a personalized plan to help you successfully meet these goals.

Sessions may include an individualized sample workout, a fitness assessment, a nutritional analysis or a workout plan your utilizing your home fitness equipment.

For more information [info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)

## One-on-One Training

One-on-One Training is all about YOU! One-on-One yields the best client results because the attention is all on you. Choose from packages of: 3, 6 or 12 one hour sessions

For more information [info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)

## FIT FRIENDS

(group training-2-6 people)

A convenient, fun and highly effective choice if you like to work out with a buddy! Small group training is affordable and fun, while providing accountability, encouragement and social support. Choose from packages of: 3, 6 or 12 one hour sessions

For more information [info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)

## Email Support

Feel like you need a little extra help in between sessions? I will make myself available for accountability reviewing daily food intake, plus I will answer questions, offer suggestions, encouragement or educational information.

## Add-A-Session

To speed up results add sessions to your existing fitness coaching package Choose from 1-3 sessions ~ ~4-6 sessions ~ ~7+ sessions For more information [info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)

## FITNESS 2 YOU

Fitness classes in your workplace or your home I can bring you a wide variety of classes from yoga to bootcamp without the cost of joining a club or driving to a gym!

For more information [info@WholeLifeFitnessOnline.com](mailto:info@WholeLifeFitnessOnline.com)