

Helping Our Clients Become
The Very Best Version Of
Themselves

Individualized Fitness Programs
For All Ages & Levels
Including Youths & Seniors



Functional Fitness

Weight Management

Body Composition Testing

Sport Specific Training

Exercise Therapy/ Post - Rehab

Lifestyle Coaching

Nutritional Guidance



dear body,

i'm sorry i've 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

Transformations Happen Here!

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Nesconset, NY 11767
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Let's Get Personal....



Are you ...

Unhappy With Your Appearance?

Hopelessly Out Of Shape?

Trying To Lose Weight?

Uncomfortable In Your Skin?

Finding It Hard To Stay
Motivated?

Feeling Stressed And Tired?

Getting Few Or No Results At
The Gym?

We Can Help You

**Get Your
FIT
Together**

Being "fit" is not just about exercising and diet. In fact, its about Lifestyle. **Fitness 4 You** was founded on the concept of helping each and every one of its clients become the very best version of themselves by guiding them 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.

Fitness 4 You has had tremendous success in helping clientele of all ages transform their bodies develop better nutrition habits and improve their overall health.

WE ARE NOT A GYM

WE ARE A FITNESS LIFESTYLE CENTER

Our clientele are looking for something other than a gym. They are not just looking to "work out". Instead, they 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.

BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
IT'S A *Lifestyle.*

Quintessence.com

**COMMIT
TO BE FIT**

**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!

