

# FitNic Home Fitness



To my future clients -

Exercise is the best way to hold onto your vitality and youth. Time and again the demands of work and home come in the way of good health and fitness. The optimal solution is to hire a personal in-home trainer.

**PERSONAL IN-HOME TRAINERS OFFER A QUALITY OF SERVICE THAT IS SIMPLY NOT AVAILABLE AT THE GYM (OR ELSEWHERE)!**

First and foremost, the importance of making exercise fun cannot be overstated. Preventing "workout boredom" is essential to ensure exercise remain part of your lifestyle. Each session with me as your in-home trainer is designed to be enjoyable and to make the most of your time. I arrive with everything you need; we work out together one-on-one; and when I leave, you feel refreshed, empowered and exhilarated.

Please consider reserving an evaluation session soon as space is limited. (various times and packages are available). You'll be glad you did.

Ultimate success and happiness comes from living a long, healthy life. You can achieve this and I can help.

Contact me when you are ready to get started.

Nicola Fitchett  
CanFitPro Certified Personal Trainer

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