

EMERY FIT

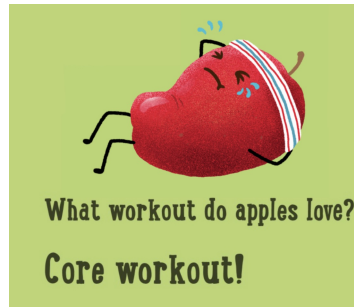
Training Nutrition Massage

770-356-9529

Summer is here!

We are here to help you stay healthy this summer!

Summer is here and our daily routines are going to be thrown out the window. This month we have tips on how to deal with your summer vacation, get to know our new massage therapist and nutrition specialist and an easy recipe to make for those lazy pool days.



Simple Tips to Stay on Track While on Vacation

While on vacation there is likely going to be many more temptations than you are used to. It isn't bad to indulge some while on vacation. It isn't the occasional indulgence or the occasional missed workout that matters as consistency is key...

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Happy Memorial Day!

Lets us know your plans early so we can reschedule your sessions and help you stay on track.

Call Leah at 770-356-9529 or talk with your trainer or nutritionist.

Welcome Kira and Katie to Emery Fit!



Personalized Training and Nutrition Facility

Kira Mesi is a Lifestyle Coach and Weight Management Specialist certified by NESTA. Her path to nutrition counseling came simply out of her passion for food and fitness. A self-described "foodie" her nutrition program B-FIT4U breaks down the myths of "bad" foods vs...

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Katie Conroy Massage Therapist

Katie is our new massage therapist. She graduated from the Georgia Massage School in 2021. Before attending Massage School she worked as a Technician at a Physical Therapy clinic which has lead her to pursue a degree in Kinesiology at the University of...

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NATIONAL SENIOR FITNESS DAY MAY 25, 2022

EMERY FIT is encouraging seniors to stay fit and active. We offer a fitness program designed specifically for adults over 60 years old.

Can't make it to our facility? No problem! We can come to you or if you prefer, we can have a virtual session.

BALANCE STRENGTH FLEXIBILITY CARDIO MOBILITY

[FOR MORE INFORMATION](#)

Show us your love on Google!

Let us know who your favorite trainer, massage therapist and nutritionist is by leaving a google review for the world to see.



Easy Picnic Pasta Salad



Easy Pasta Salad - Love and Lemons

This fresh, easy pasta salad recipe comes together in under 30 minutes! Tossed in a tangy vinaigrette & filled with veggies, it's a sure cookout hit. Today's recipe is a picnic-perfect pasta salad! Every cookout needs a great pasta salad, and this is the one that I'll be making all summer long...

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[Emery Fit](#)



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