

Your Personalized Training Guide

By Blissful Time

About Me

I'm not just a personal trainer - I'm someone who believes in the strength of second chances, the power of movement, and the kind of fitness that meets you with grace.

Whether you've been sidelined by pain, life's responsibilities, or simply don't feel 'seen' in most gyms- I've created a space just for you.

My Philosophy

Fitness shouldn't be overwhelming, aggressive, or one-size-fits-all.

My approach is:

- Personalized
- Low-impact friendly
- Posture-aware
- Encouraging, not pushy
- Built for real people with real lives
- I believe in sustainable strength - the kind that carries into your everyday life.

What I Offer

I work with adults of all ages, shapes, and backgrounds. My training style supports:

- Posture correction (shoulder rounding, knee alignment, ankle balance)
- Gentle core strength without strain (no crunches or jarring movements)
- Strength & tone using dumbbells, resistance bands, and bodyweight
- Adaptable programs for those with back, knee, or joint sensitivities
- Encouragement rooted in experience and realism

All sessions are available remotely - train from the comfort of your home, with guidance every step of the way.

Tools We'll Use

- Dumbbells (light to moderate)
- Resistance bands
- A bench or yoga mat
- Your body's own strength
- A solid plan & support from me!

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Session Options

Currently available online only.

- 30-minute sessions - perfect for busy schedules
- 2-3 day/week training plans
- Personalized programs built around your equipment and goals

How to Get Started

All training begins with a conversation. I want to know your story, your challenges, and your goals.

Step 1: Visit my website and click Start Here

Step 2: Fill out a short intake form

Step 3: I'll reach out personally to schedule your first session

Final Word

You don't need to be in shape to start - you just need to start.

Let's work together to build strength, heal posture, and rediscover what your body can do. Your journey matters. I'm honored to help guide it.

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