



MOVE FOR LIFE.
FUEL FOR LIFE.

Ally Miller

Certified Personal Trainer
& Nutrition Coach
512-917-2542



*Focused on
women in the
second half of your life!*

Building
STRONG
NOURISHED
CAPABLE
RESILIENT
CONFIDENT
KNOWLEDGEABLE
women



Let's Talk!

Free Consultation
including
30 minute workout

CHOOSE YOUR FIT

FIT & FUELED Complete

Personalized Fitness & Nutrition coaching focused on muscle, movement, nutrition, sleep, and recovery.

Specific to YOU.

Not a workout. A relationship built to achieve your goals.

- Nutrition and movement plans
- 1:1 workouts with coach
- Progress tracking
- 24/7 access to coach via text
- Weekly accountability discussions

FIT Friends Group Training

Train with your friends and share the cost.

Your PERSONALIZED Program follows science-backed approach to muscle development, mobility, and cardio.

- *Groups of 2-6*

FIT DIY

Custom programs for you to complete on your own

- FITNESS + NUTRITION programming, coaching & tracking
- One in-person workout per month
- 24/7 access to coach via text

FIT Check

Weekly 15-minute Accountability Check-ins with metrics and discussion - for those with a plan, you just need a partner to hold you to it!



MOVE. FOR LIFE. FUEL. FOR LIFE.

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FIT & FUELED Complete

Muscle development & retention
Movement - cardio, mobility & flexibility
Nutrition
Sleep & Recovery

Personalized Fitness & Nutrition coaching
A relationship built on the common goal to reach your goals

- An actual **PLAN** we will follow and adjust
- **Weekly accountability**
- **High-touch in and out of the gym**
 - 1:1 private workouts (@ gym, @ studio, @ home)
 - Weekly schedule for muscle, cardio and recovery
 - Progress Tracking
 - Coach connection via text, call or email

Backed by research, science & experience

- Evidence-based workouts focused on your goals
- Science-backed counseling on nutrition



30 min session	\$50
45 min session	\$65
60 min session	\$80

Program rates vary depending on sessions/week,
location of sessions, and duration of engagement

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women