



CORPORATE INFORMATION

Mind, Body & Tone LLC is a premier provider of fitness services and high-quality goods, committed to helping individuals achieve their health and wellness goals. Since our inception, we have delivered exceptional fitness solutions that cater to the diverse needs of our clientele.

UEI: H36HG64NGEU4

CAGE CODE: 16BDO

NAICS CODES:

**611620: SPORTS & RECREATION
INSTRUCTION**

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CORE COMPETENCIES

- **Personalized Fitness Programs:** Our team specializes in creating custom fitness plans that align with the unique health goals and capabilities of our clients, ensuring optimal results and improved well-being.
- **Nutritional Consulting Services:** We offer expert guidance to help clients make informed dietary choices that enhance their fitness and overall health.
- **Health and Wellness Classes:** Our classes empower individuals with knowledge and tools to maintain a healthy lifestyle through engaging and informative sessions.
- **Manufacture:** We create all natural hair, beard, and body butters and oils.

PAST PERFORMANCE

- **AUCC, Teaneck:** Implemented a successful winter program to lose and/or maintain weight and gain muscle.
- **UvEye, Teaneck:** Corporate wellness presentation on the benefits of employees implementing exercise and eating healthy.
- **Glenpointe Spa & Fitness:** Created innovative and effective fitness classes; Created a "Winter Weight Maintain, Muscle Gain" challenge.
- **Mind, Body & Tone:** Organized and led a Corporate "Gospel & SpInspiration" cycle class teaching the importance of making healthy choices mentally, physically, spiritually, financially, and emotionally.
- **Kemited Kitchen & Tour Catering:** Organized a healthy cooking class.

Differentiators

- **Experienced Team:** Our team comprises certified fitness experts with over 3 decades of experience in delivering high-quality fitness solutions.
- **Client-Centric Approach:** We prioritize understanding our clients' needs and tailor our services to deliver maximum health benefits.
- **Innovative Solutions:** We utilize the latest fitness trends and research to offer cutting-edge and effective health solutions.
- **Proven Track Record:** Our history of successful programs and satisfied clients speaks to our reliability and expertise.