

INCLUSIVE HEALTH AND FITNESS



Sales Case Study

Inclusive Health and Fitness strive to improve the wellness of all its clients. Our ongoing work with a sizeable Indigenous Governing Body has been highly beneficial for many members. We provide virtual physical health and wellness services to any member interested in bettering their health. Our services include but are not limited to personal training, nutritional coaching, written programming, and social media content.

HOW WE MADE A DIFFERENCE OVER 76 WEEKS



80 MEMBERS SUPPORTED



742 SESSIONS DELIVERED



51 PIECES OF MEDIA CREATED



~400 WRITTEN PROGRAMS DELIVERED

WHAT WE'VE HEARD:

"After trying different programs and diets in the past, none of them has been as effective or efficient as my customized program with Inclusive Health and Fitness. I highly recommend!"



"Inclusive Health and Fitness takes an original and innovative approach to overall health and fitness."

"I would recommend Inclusive Health and Fitness 100%. You will not be disappointed."

CONTACT GARRETH AT (709) 693-6048 OR VISIT US AT <https://inclusivehealth.ca/> TO LEARN HOW WE CAN HELP YOU!