

The mission of **PROGRESSIVE Fitness Coaching** is to expand the personal fitness and well-being of every individual that we serve. This will be done by helping you to recognize personal barriers, establishing attainable goals, and together creating and implementing action plans to help you create the lifestyle you desire and deserve.

Dear Participant:

Thank you, and Congratulations! You have made a powerful step towards improving the quality of your life by employing the services of **PROGRESSIVE Fitness Coaching**. Careful attention will be given in designing and implementing your coaching experience, and you will be led safely to success in achieving your personal best.

Your coach will be there for you. This commitment is an exclusive partnership. After beginning your program it is common to have questions and concerns. To provide you with the best possible service it is necessary for you to discuss any health, exercise or nutrition issues with your coach. Your coach will always be available to you.

Our philosophy of **proximal – distal** performance, training from the inside – out, is employed into every coaching program. Focusing on the *core* (abdominal, oblique, and erector spinae) muscles group, each practice will concentrate on exercising this group and working distally (out). This method of advanced training will lead to improved posture, greater balance, stability, and coordination, as well as increased performance toward your more specific fitness goals.

We care about you and your ambitions to improve your lifestyle. Our goals are to provide you with the best in personal fitness services, safety, and to help you realize life like you hadn't before.

"If you can see the obstacles, you have lost sight of the goal."
- Unknown

Fight for YOUR Life!



David Berger
Head Coach



We Help Build A Better You.

PO Box 1076 Hockessin, DE 19707 * www.ProgressiveFitnessCoaching.com * (302) 521-1794