

What Recent Clients Have to Say:

I really appreciate the personalized plan Mick designed for me. I have some special health concerns that we needed to address. He was great about researching everything and tailoring my plan just for me. He works hard to make sure I work hard for my desired results. I'm glad I took this leap of faith and let him help me.

Kathy Morrow

I just wanted to spend a few seconds and tell you how appreciative I am of the time you put into getting me in shape. I am honestly glad I made the move and hired a trainer like yourself. I can really see the changes in my body already, and I now know more about weight lifting than I ever did before.

Michael Texeira

Thank you, Mick, for inspiring a new beginning (health care challenge) inside of myself. You have encouraged me more than you know. You helped implement steps that would fit my lifestyle. Plus, I have found your nutritional plans to be very accommodating for meeting my needs whenever I'm hungry. I sincerely appreciate the time you spent reviewing my weight loss goals and recommending strategies for great results.

Shaquanna Garner



I am devoted to developing the full human potential. My mission is to help inspire, motivate, innovate and educate each client on their fitness journey.

I have a proven record of success with clients because I remain tightly focused on delivering quality individual fitness plans. I focus on inspiring people to change their lives through knowledge, skills, education, support and motivation so they achieve their full potential and enhance their lives. All programs from nutrition to a fitness regimen are specifically tailored to you.

I am an ISSA Personal Trainer and a specialist in fitness nutrition. I understand that getting healthy and fit is an evolving process, and I can help you.

Commitment from you + Commitment from me = Achievement

It's not who you ARE that holds you back, it's who you THINK you aren't.

– Mick

**Email mickvfitness@gmail.com
to receive a free monthly
fitness newsletter.**



**Make a Decision Today
That Will Change
Your Life Forever!**

Offering:

Weight Loss • Nutrition

Core Training • Resistance Training

Circuit Training • Technique

Injury Recovery • Functional Fitness

And More

**Mick Martines
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Health Care Facts

Heart disease and stroke cost
\$432 billion a year

Diabetes costs \$174 billion a year

Lung disease costs \$154 billion
a year

Childhood obesity costs
\$3 billion a year

Obesity has surpassed smoking as
the number one health care cost
in this country. Costs have reached
\$290 billion a year for obesity.

Source: Harvard Medical & Triple Solution for a Healthier America



FREE Initial Consultation

Personal Training Packages

- 30-minutes training sessions
- One-on-one sessions
- Nutritional guidance
- Meal plans
- Workout programs
- Designed for you
- Monthly evaluation

Your investment depends on the
package you choose.

*Consultations by appointment only.
Make yours today.*

**“Motivation is what GETS
you started. Habit is
what KEEPS you going.”**

– Jim Ryan

10 Reasons to Work with a Personal Trainer

1. Weight Loss
2. Motivation
3. Learn Proper Techniques
4. Guidance
5. Medical Condition
6. Learn New Exercises
7. Increase Sports Performance
8. Stay in Shape
9. Better Eating Habits
10. Injury Recovery

**There is no better time to
get started than TODAY!**

