



## **Complete Fitness Training**

Are you in need of getting in better shape and don't know where to start? Consider the services of Just Sweat Fitness to help you reach your maximum potential physically, mentally, and most importantly, become a better overall person.

Take confidence and feel better about yourself!

## **Weight / Strength Training**

The majority of us today do not use every single muscle in our body during our daily activities. Weight and Strength Training cover all muscle areas of the body as well as help you lose excess fat and tone the muscles at the same time.

Building overall strength and shifting fats and muscles to the necessary locations is just a start to improving the overall appearance of the body.

## **Weight Loss Management**

The unhealthy food we eat is one of the main reasons for excess weight gain. Negative fat(s), carbs, cholesterol, sugar, and calories tend to make us gain unnecessary weight, which results in being overweight and unhealthy. The importance of self discipline and daily exercise is vital in living a consistent healthy lifestyle.

## **Diet / Sports Nutrition**

Many people underestimate the fact that the most important step to living a healthy lifestyle is being cautious of what types of food are being consumed.

Just Sweat Fitness helps clients to better understand what they should and should not eat on a regular basis, leading to better results in a shorter period of time.

## **Extreme Sweat BOOT CAMP**

Boot camp is an intensive full body workout session, covering Strength, Endurance, and Flexibility training.

During the course of this workout, aerobics, trampolines, free weights, running, punching bag, our exclusive sweat sticks, and more are used to help clients successfully progress towards their fitness goals.

## **Personal Training Includes:**

- Body Fat Assessment
- Weight / Strength Training
- Muscle Toning
- Weight Loss Management
- Cardiovascular Exercises
- Flexibility
- Sports Nutrition and more.....

**Call for your appointment! (937) 854-7027**  
501 E. Main St, Trotwood, Ohio 45426  
Visit our website: [Justswheat.com](http://Justswheat.com)

**Group, Family, or Company Discounts!**

Professional, Private, **Personal Training** for All Ages and Fitness Goals!

