

ABOUT US

TotalFit Solutions was co-founded by Laurel & Stacey Neil. With over 20 years experience in the fitness industry, we share a common passion and vision to bring all components of health and wellness to an individual's understanding of total fitness and what it means to live a balanced happy life.

We look forward to serving you in any capacity.

Sincerely—

Laurel & Stacey



Stacey and Laurel at Muddy Buddies 2006

CONTACT US

TOTALFIT SOLUTIONS, LLC

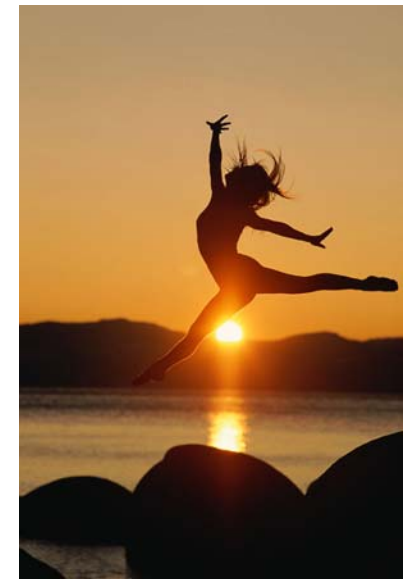
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TOTAL WELLNESS

TOTALFIT SOLUTIONS

IMAGINE IT.
WE'LL MAKE IT HAPPEN.



TEL: 408-227-2216

WWW.TOTALFITSOLUTIONS.COM

TOTALFIT SOLUTIONS ~ TOTAL WELLNESS

Bringing to life your wellness strategy

TOTAL WELLNESS

TotalFit Solutions offers a myriad of services to assist your organization or group with creating a multi-faceted approach to wellness that incorporates educational, organizational, and environmental activities and programs designed to motivate and support healthy lifestyles. We will work with you to assess the health risks that affect your employees, customize a pro-active approach to target the health risk factors that can be reduced, and promote socially and environmentally health lifestyles throughout your corporation.

HEALTHY LIFESTYLES



Each organization or group has unique needs that will require targeted programs and resources such as on-site physical fitness programming and classes, nutrition education and weight control, teambuilding, and much more...

SOLUTIONS FOR ALL YOUR WELLNESS NEEDS

Our specialties revolve around dynamic team building, adventure experiences, stress management workshops and support groups, staff training and program development. We create exciting fitness and wellness adventures for all levels and abilities.

At TotalFit Solutions if you can,
"Imagine it... we'll make it happen."

FIND THE TOTALFIT FOR YOU

FitCamp is for you if you want to invest one-hour a day, five days a week for six weeks. Take **FitCamp to the Max** for a package that also includes one-on-one nutritional guidance and accountability. This program can be offered **on-site** 2, 3, or 5 days per week for a duration of your choosing.

FitTrain personal trainers work on your schedule and will work with you inside or outside the typical gym environment. We offer personal and group fitness training at your location of choice. All are certified and highly skilled to get you back in shape, train for a competition, or rehabilitate an injury.

Nutrition education and **Weight Control** seminars and programs promote healthier eating by distributing informational materials, offering heart-healthy lunchtime options, providing body fat measurements, and personal/group accountability forums. Short-term and long-term programs can be customized to reach your nutrition and weight control goals. Whether you are looking to gain muscle or lose weight, our nutritional services can get you there!



Team Building services provide effective group bonding and leadership training experiences; an excellent way to experience workplace relations that renew the group dynamic and motivation while having some fun. Our expertise in creating educational, fun, interactive and team building outings and adventures is unsurpassed.



STANDARD SERVICES

- FitCamp
- Seminars/Workshops
- Massage Therapy
- Team Building
- Personal Training
- Program Development
- Equipment Procurement
- Nutrition & Weight Control Programs
- Fitness Center Consultation Services



Not sure what you need?

We are happy to provide you with a
free consultation
to help assess your wellness strategy.

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