

Health is not about the weight you *lose*, it's about the life you *gain*!

[Accept the FREE Evaluation offered to PEHP members](#)

Whether your objective is to lose body fat, gain muscle, run a race, improve overall health or gain a better education, I am here to help you reach your goals. A FREE evaluation is offered to check body composition (fat vs. muscle) and a realistic goal will be recommended for your personalized program. You will be provided with an exercise, nutrition and supplement program designed specifically for you. Education will cover all 5 fitness fundamentals, ensuring a program that utilizes every factor involved in getting you to your goal. Motivation and challenges at your weekly appointment will be given to shift your thinking on how the proper food and exercise will transform your body. This is a different type of weight loss, it's fat loss. It's a lifestyle approach that you can find your healthiest life and live it happily.



12 WEEK
ONE-ON-ONE
COACHING
PROGRAM

PERSONALIZED
MEAL PLANS

TAILORED EXERCISE
ROUTINE

BODY COMPOSITION
TESTING

PERSONAL
ASSISTANCE AND
ACCOUNTABILITY



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