



Nutrition

Nutrition is the most essential ingredient to achieving your wellness goals. Your coach will work with our nutritionist to develop a totally customized meal plan



Our Classes



Strength Training

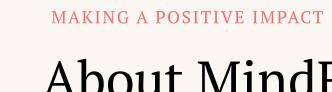
Following a basic exercise plan is good, but following an exercise plan that is custom created in collaboration with your meal plan, experience level, and goals is GREAT.

 ∇ ∇ ∇



We understand that the hardest part of

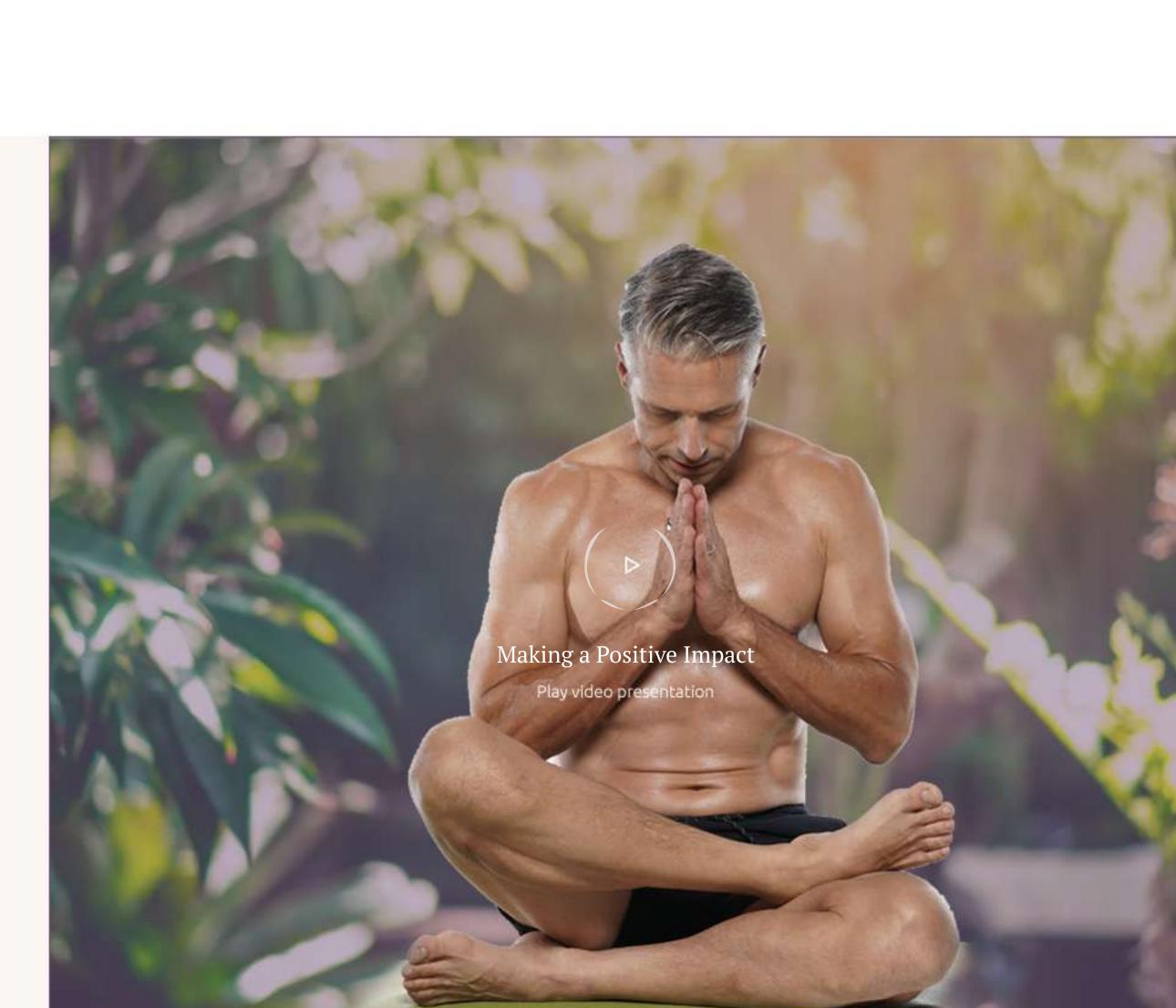
getting fit is getting started. That's why our coaches are here to push and motivate you towards your goals by setting targets and monitoring your progress.



About MindFit Group

Losing weight and getting in shape shouldn't be a chore. It's an amazing and empowering lifestyle decision that anyone can make. By utilizing the resources of multidisciplinary health professionals, we are able to bring the most efficient, custom nutrition and training programs to our clients so they can achieve results they may never have thought possible. It is important to us to focus not only on our clients' physical transformations, but to ensure they're achieving their optimal state of wellbeing. We truly believe that success in life is directly affected by the success of your wellbeing; body, mind and soul. Our coaches have helped so many busy professionals gain the confidence and learn the skills necessary to create a sustainable, healthy lifestyle that has transformed their lives for the better.

Get Started







busy professionals gain the confidence







OUR FITNESS STUDIO







Every weekday at 5:30am EST you can follow our free workout sessions on our

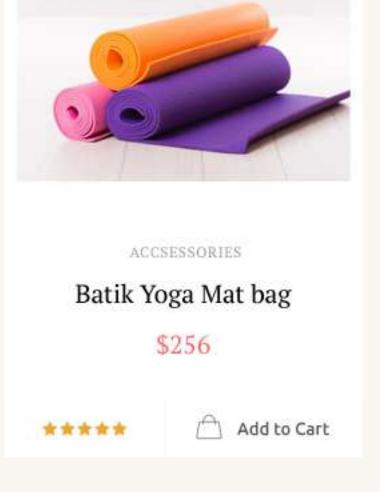
live Instagram story.

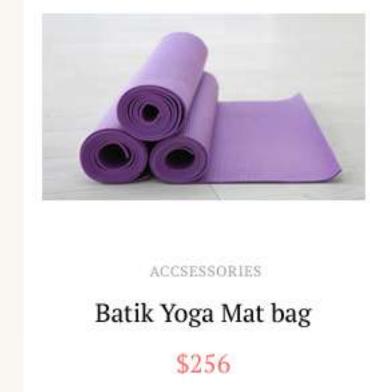
Access FREE LIVE Sessions

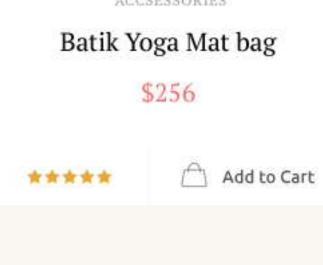


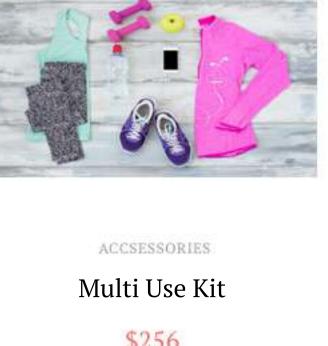
8



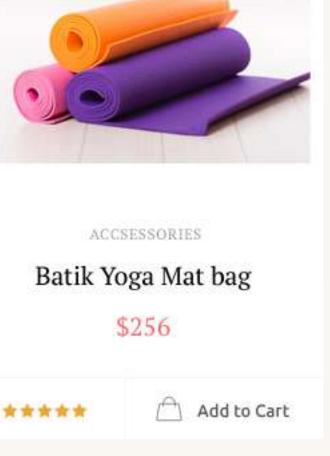




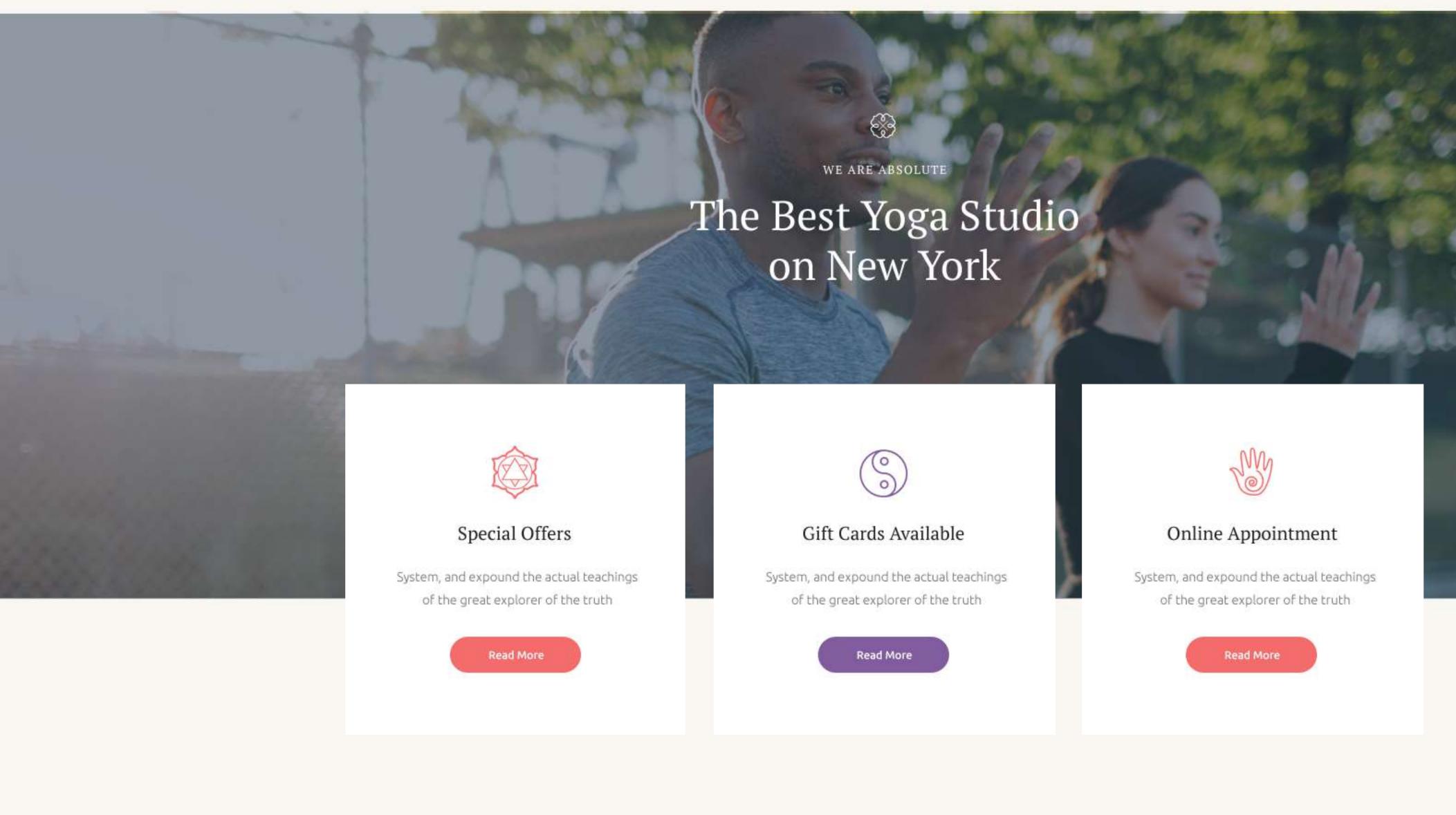




\$256 Add to Cart



View More Products

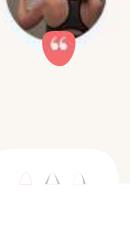


tailored to my body type. Clara B

I started my weight loss journey back in 2016. I got a gym membership, hired a personal trainer

and decreased my food intake. After 3 month, I lost maybe 8 pounds and was so frustrated.

Then, a good friend referred me to an online coach who gave me a workout plan and meal plan

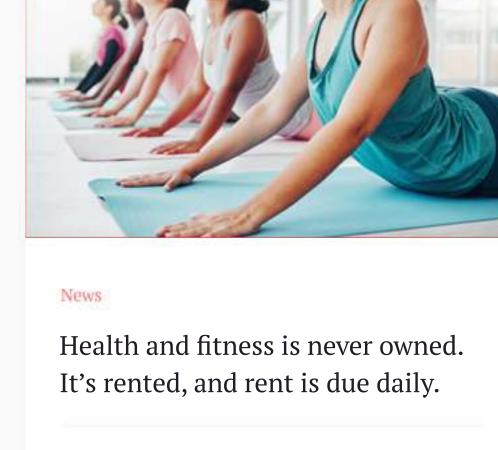




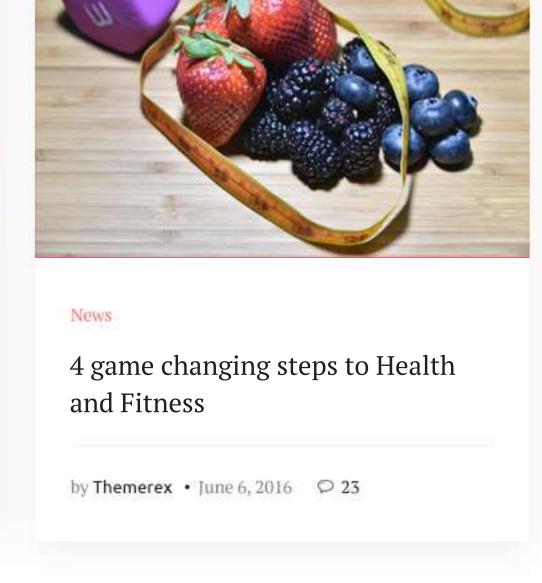


by Themerex • June 6, 2016 👂 23

supplements.

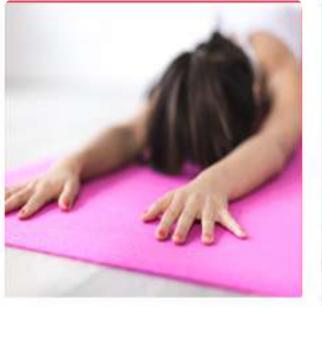


by Themerex • June 6, 2016 👂 23



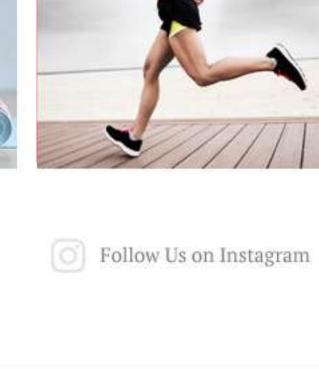
@mindfit

View More Posts



Name *







Subject



E-mail*

Message Send Message

MINDEIT Home See Our Transformations FAQs **Get Started**

MindFit Group© 2023 All Rights Reserved Terms of Use and Privacy Policy

Blog