1. About Helen (ABOUT)

Helen started out as a professional swimmer and moved into triathlon later on. Multiple times she became a Champion of Ukraine and eventually won a silver medal on Europe Championship. In 2010, she has moved to United States and was working for several fitness studios in the city, while maintaining her own private clients.

Now, Helen is an internationally recognized fitness expert with over 10 years of experience, who has an impressive track record training clients, helping them develop healthy lifestyle and lose weight. Her approach is to push you to the limits in the most loving way possible.

Each client is unique in their needs, goals and background, but she believes that positive reinforcement never fails to encourage.

1. Services (HOME)

Helen Henry Fitness is offering in home training for all busy New Yorkers. Besides saving your time, you receive personal attention, solid and consistent, non- judgmental support in a privacy and comfort of your own house. In home training brings along the accountability benefits and motivation, since there are no more excuses once trainer shows up at your door. Trainer will carry all the necessary equipment as well, so there is no need to storage anything in the apartment.

There is an overwhelming amount of information about fitness, nutrition, and health nowadays. It is impossible for the regular person to find the time to filter through this information for what is most valuable and the most useful. It is trainer’s job to stay on top of health trends and continue their education in order to provide you with the safest and most accurate information in the industry.

For anyone who is looking for a body transformation- nutrition plays a very important role. Our approach is focused more on a healthier food choices, portion control and meal frequency, rather than short- term fad diets, yo-yo eating or starving.

Among other benefits of having a personal trainer is trainer’s ability to integrate a lot of different sports in to your work out. Tight hip flexors? We will solve it by integrating a bunch of yoga poses! Looking for tighter abs? Pilates comes into play. Dreaming of running a marathon? We can be your running buddies! Recovering from an injury? You just have to have a trainer to help you through the recovery!

Range of Services: (SERVICES)

1. Weight loss training
2. Muscle building programs
3. “Fit for Life” Functional training (designed for elderly people)
4. Prenatal & Postnatal care
5. 5 Bridal Bootcamp

All services include nutritional consultations and constant support through the program; measurements (using SKULPT, <http://www.skulpt.me/>, which efficiently measures body fat percentage as well as muscle quality); heart rate monitor, https://www.turboroster.com/product/turbo-strapp; all equipment is included. Sessions are usually an hour long.

1. Client’s Testimonials:

Я хочу чтоб клиенты смогли оставлять свои комментарии и смогли фотки выставлять

1. Contact

Link to Facebook

Link to Instagram

Email

YouTube