



123 Valencia St  
San Francisco, CA 94110

**1-on-1 Fitness &  
Diet Coaching**

[ambitionfit.com](http://ambitionfit.com)  
(555)555-5555

## Our Approach

- » 1:1 Health & Fitness Coaching
- » Customized Exercise Program
- » Tailored Flexible Diet Plan
- » Accountability

## Why Choose Ambition Fitness?

At Ambition Fitness we take a wholistic approach to improving health and fitness. Our clients receive one-on-one coaching including a customized exercise and diet plan that is continually reevaluated to ensure steady progress. Most coaching programs lack the personalization needed to break through fitness plateaus. Our system helps clients implement lasting behavior changes to improve their success in meeting their long-term health and fitness goals. In a 1-on-1 meeting with our staff we determine the coach who can best support you.

## Fitness Coaching

Our coaches take your fitness goals, past experience, and interests into consideration and create a custom-tailored exercise program just for you. No exercise program is best for everyone.

Most Programs include:

- » Comprehensive, detailed resistance training Program
- » Customized cardio plan



Meet Our Coaches:  
[ambitionfit.com/coaches](http://ambitionfit.com/coaches)

## Diet Coaching

With the help of our in-house registered dietitians, our coaches work with you to create an effective and realistic diet plan to best fit your life. Our approach emphasizes building healthy and sustainable eating habits. Remember that your diet is what you eat everyday, not something that you "go on" for a few weeks.

