



Lucky Day Fitness

I partner with clients and work from strengths to build lasting health and wellness.

I believe the best fitness and nutrition plan for you is the one you will stick to – consistency yields results.

Get Strong(er): Do you want to get stronger, build muscle, burn fat? Dedicated strength training is the foundation of any program that will get you results. Over 12 weeks, I will work with you to create a program that meets you where you are and gets you moving towards your goals. I will teach you each movement to make sure you stay injury free and get the most out of the time in your gym.

Nutrition Coaching: Your workout plan is only one part of a healthy lifestyle. I have gone through my own weight loss journey and I'm certified through Precision Nutrition. In a three-month partnership, I will work with you to get clear on your goals and create a habits-based nutrition plan that will put you in charge of making the progress you want. My work is NOT an "eat this, not eat that" crash diet that will make you miserable. This is real talk and lasting change that will keep *you* in the driver's seat.

Performance Coaching: Are you an intermediate or more experienced athlete looking for coaching and accountability to get you to the next level? It is normal to hit a place in your fitness journey where the work that got you from point A to point B is not going to get you to point C. The plateau and getting stuck is typical– thoughtful coaching will get you unstuck and on your way to point C and beyond!