

can do it
OLYMPIC FIT, INC.

TRIUMPH

Integrated Nutrition and Fitness Program

WHAT IS TRIUMPH?

Triumph is an individually designed integrated fitness, nutrition and mobility program.

WHO IS THIS PROGRAM FOR?

This program is specifically designed for individuals, who seek to improve their physical mobility, strength and balance.

All participants, regardless of their ability, can reach personal health and fitness goals in an engaging, safe environment.

ABOUT TRIUMPH:

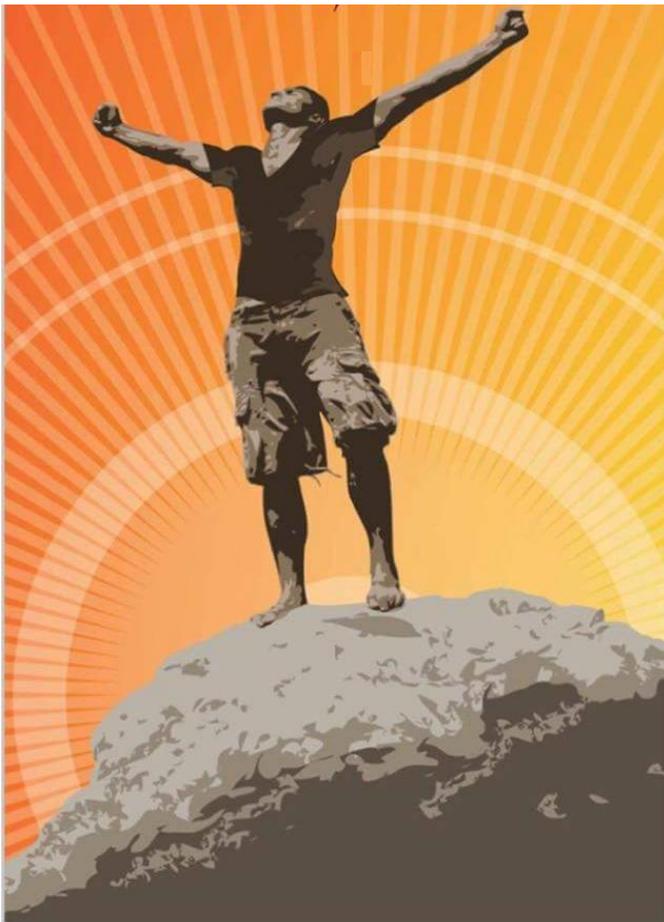
Within Olympic Fit's Triumph program, individuals will meet in either a group or private session where the main focus will be on mobility, nutrition education, strength and toning. Monthly tracking, as well as nutrition education, handouts and all equipment (such as light weights, bands or strength training equipment) will be provided to plan participants.

PROFESSIONAL BIO:

Former Olympic Athlete and veteran Personal Trainer, Frank Mensah, has designed a unique training program. Frank Mensah is a qualified licensed trainer who possesses the knowledge, skills and ability necessary to provide a successful and effective fitness program.

Self-direction accepted.

Call for further information, pricing and to arrange your intake assessment appointment.



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FRANK MENSAH

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 **www.olympicfit.com**

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