

Client Testimonial



"In the nine months that I worked with Holly, I made major improvements in strength, endurance, flexibility, and balance.

I reached my goal weight in July and have kept the weight off so far. My overall health has improved and I'm in the best shape I've ever been as an adult.


I don't think that it's an exaggeration to say that Holly helped save my life."

- John Buscaglia



Fitting Fitness In

Holly Kouvo
172 West Acton Road
Stow, MA 01775



Fitting Fitness into your Life!

Fitting Fitness In

Holly Kouvo

AFAA Certified
Personal Trainer
And
Fitness Instructor

Fitting Fitness into your life!

I am an AFAA certified Personal Trainer and an AFAA certified Aerobics instructor. I have taught aerobic classes over the past 20 years.

I live in Stow with my husband Steve, my two young daughters Merisa and Jessica. I know what it is like to try to fit fitness into your life when you have a very busy life.

As a Personal Trainer I work with all types of people looking for personal training.

I am extremely successful working with people looking to lose a lot of weight over a period of time. Consistent motivation is what is needed to keep a client on track to achieve their weight loss goal.

I also work well with post-partum women who want to get back in shape after having children.



What is Personal Training?

Personal training is a one-on-one fitness program with a certified personal trainer.

Personal trainers educate and direct clients on effective exercise practices for better health and fitness. They prescribe progressive exercises to minimize injury, ensure variety and fun during sessions, establish realistic goals, provide periodic evaluations, and recognize accomplishments through rewards and recognition.

Personal training is particularly beneficial for non-exercisers. Research has proven that exercisers who work with personal trainers achieve faster, safer and better results compared to those working out on their own.

How can I fit Fitness in my life?

Finding 10 minute segments during your day to exercise can improve your fitness level. Can you find 10 minutes today? With my knowledge and expertise, I will create an efficient short program that can be very affective.

I don't belong to a gym. Where can I work out?

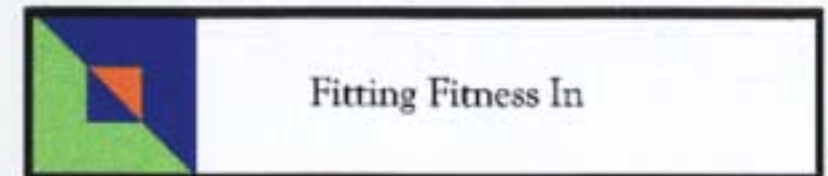
You can benefit from exercises you do at your home or outside. Remember you can get as good of a workout in the comfort of your own home as long as you have good advice. You don't need to take the time to go to a gym.

What can I expect?

During our sessions together we will review your goals, current fitness level, and eating habits.

We will work together to develop a program with appropriate exercises for you to achieve your goals and better fitness.

Once your program is created, I will work with you through your workout sessions to ensure you are motivated and getting the most out of the time you are exercising.



Fee Schedule

Personal Training sessions can be purchased as a package or purchased by the hour.

Special pricing is available for prepaid packages.

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