

PRESS RELEASE

For Immediate Release

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Raleigh Personal Training Company Adds New Nutrition Coaching Program *“You can’t out-exercise bad eating habits,” says fitness expert Chris Mondragon*

Raleigh, NC: Personally Fit Individualized Training, a downtown gym that offers both individual and group training, is adding formal nutrition coaching to its services. “As fitness professionals, we’ve always worked with our clients on making healthy food choices,” says owner Chris Mondragon. “But we wanted to take that coaching to the next level by offering a formal program to help our clients reach their fitness goals.”

Mondragon and another Personally Fit trainer have recently received Level 1 certification from Precision Nutrition, the largest private nutrition coaching company in the world, recently named one of the **Most Innovative Companies in Fitness** (2015) by *Fast Company*.

Mondragon says many clients come to Personally Fit with weight loss goals. “We are an outcome-based training studio,” he says. “So if someone thinks they’re eating right and exercising appropriately, but don’t have the results to show for it, something is ‘off’ somewhere. Beyond all the fads and fitness crazes, we are offering science-based nutrition coaching to help our clients reach their fitness goals.”

Personally Fit Nutrition Coaching will be offered in 3-, 6-, 9-, and 12-month programs, starting June 25. Mondragon says each program begins with establishing goals. “We talk about this new program in terms of ‘how to reach the goals that matter.’ We work with our clients to set realistic goals, then help them implement those goals. Perhaps most importantly, we help clients to

achieve sustainable behaviors that work both when your life is going well, and when it's full of stress and struggles!"

The outcome-based coaching system includes taking regular measurements to assess results, then making adjustments to stay on track. "I always say you can't manage what you don't measure," says Mondragon. "Our goal is to help our clients discover the joys of living a fit and healthy life."

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Personally Fit is located at 301 N. Boylan Ave., Raleigh NC 27603. For more information on, visit its website, www.personallyfit.net, or call (919) 832-8484. Personally Fit offers both individualized training and group fitness classes, including Group Circuit Training, Sports/Youth Conditioning, Yoga, and Pilates. Personally Fit also works with corporate clients to design corporate wellness programs.