

Health. Harmony. Happiness.

**Meet Elite Personal Trainer SANDY DESOTO
- and discover what she can uniquely do for you.**

It's a given you should invest in education, career and financial growth, but investing in your physical wellbeing is the most vital part of being a "complete package" and having a happy life.

Sandy Desoto is a fully licensed elite personal trainer, fitness therapist, avid athlete and nutrition expert with over 25 years experience. She's praised for unparalleled passion, warmth, sensitivity to individual needs, and zealous advocacy of balanced living.

Web MD states, "Approximately 60 million Americans, nearly one-third of all adults and about one in five children, are obese".

Sandy notes "This is a troubling statistic because most people don't realize that minor lifestyle alterations can improve their appearance, health and self-esteem. Spending just a few hours at the gym every week, engaging in a workout designed for your body type and lifestyle, and following a little dietary guidance will net amazing, uplifting, and enduring results."

Sandy's diverse entertainment, sports and entrepreneurial clientele highly endorse her acumen, approach and success rate. Healthwise.com confirms her philosophy, too *"Research repeatedly shows that fitness is a strong measure of health. In a study of more than 25,000 volunteers, researchers at the Cooper Clinic found that a person's fitness level was far more important than body weight".*



**Start your complete, elite training today
and achieve your balanced, happy life.**

www.definedbodies.com



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Red Cross**

