



ABOUT US

REHAB RAMADAN IS A **FITNESS TRAINER** WHO HELPS GIRLS AND WOMEN ACHIEVE THEIR **FITNESS GOALS** THROUGH A COMBINATION OF TRAINING AND NUTRITION. SHE IS CERTIFIED IN THE **SPORTS FIELD** AND HOLDS CERTIFICATIONS IN TRAINING AND NUTRITION.

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WHO WE ARE

Rehab is passionate about helping women achieve their **best selves**, both physically and mentally. She believes that **everyone** deserves to feel **confident and happy** in their own skin, and she is committed to **helping** her clients reach their full **potential**.

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fitness journey

**VIBES OF
GREATNESS**



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Services and Products

Rehab offers a variety of fitness and nutrition services, including:


- * Personal training
- * Group training
- * Online training
- * Nutrition coaching
- * Meal planning

She also offers a variety of fitness and nutrition products, including:

- * Workout programs
- * Meal plans
- * Fitness equipment
- * Nutritional supplements

**SWEAT TO
TRIUMPH**

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**REHAB RAMADAN
FITNESS TRAINER**

**ELEVATE,
DOMINATE,
REPEAT**

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ABOUT ME

I am a fitness trainer who helps girls and women achieve their fitness goals through a combination of training and nutrition. I am certified in the sports field and hold certifications in training and nutrition.

MY GOAL

My goal is to help girls and women in every way to have the best image of yourself, not only by changing your appearance, but also to instill in you the principles of the foundations of change. Not only will this reflect on your investment in yourself in everything you need, but also in everything you can do to unlock and achieve the best image of yourself. All the time, this is new success, not temporary success.

**GOALS
CONQUERED**



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MY SERVICES

I OFFER A VARIETY OF FITNESS
AND NUTRITION SERVICES, INCLUDING:

- * PERSONAL TRAINING
- * GROUP TRAINING
- * ONLINE TRAINING
- * NUTRITION COACHING
- * MEAL PLANNING

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**IGNITE
INNER
FIRE**

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MY PRODUCTS:

I ALSO OFFER A VARIETY OF FITNESS AND NUTRITION PRODUCTS, INCLUDING:

- * WORKOUT PROGRAMS
- * MEAL PLANS
- * FITNESS EQUIPMENT
- * NUTRITIONAL SUPPLEMENTS

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Rehab Ramadan **Fitness Trainer**

Address: [address]

Phone: [phone number]

Email: [email address]

Education

* Certified Personal Trainer, National Academy of Sports Medicine (NASM)

* Certified Nutrition Coach, National Academy of Sports Medicine (NASM)

Experience

* Fitness Trainer, [gym name], [city, state] (2022-present)

* Online Fitness Trainer (2021-present)

References

Available upon request.

Conclusion

Rehab Ramadan is a fitness trainer who helps girls and women achieve their fitness goals through a combination of training and nutrition. She is passionate about helping women achieve their best selves, both physically and mentally. She offers a variety of services and products to help her clients **reach their full potential**.

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SWEAT TO TRIUMPH

Skills

* Personal training

* Group training

* Online training

* Nutrition coaching

* Meal planning

* Fitness equipment knowledge

* Nutritional supplement knowledge