



## Speaker Presentations

Rachel offers a series of entertaining and instructive presentations that can highlight the next event at your club, community group, school or business. Contact her to discuss how she can customize a presentation to address your group's interest, or to find out more about the suggested talks below:



### 1 Working out at work:

Don't just sit there! Rachel will help you exploit every opportunity to incorporate fitness into your work day, with demonstrations of exercises you can do at your desk, on the phone, or even in the elevator.

### 2 What to eat at work:

Avoid the mid-morning munchies and the mid-afternoon slump! Get tips and recipes for meals and snacks to help you to stay focused, productive and on top of your game all day.

### 3 Junk food "makeovers" for kids:

Substitute "empty calorie" junk food for a snack they'll love and you can feel good about. You and your kids will have loads of fun making, and eating, these yummy treats.

### 4 Fun and fitness for the whole family:

Let Rachel show you how to make fitness fun for everybody with demonstrations of games and exercises the whole family can enjoy together.



rachelryansfitness  
15 NORTH MAIN STREET  
CHESTER CONNECTICUT 06412

RACHEL  
RYANS  
FITNESS  
get fit, feel great, have fun!



[www.rachelryansfitness.com](http://www.rachelryansfitness.com)

“My mission is to help people achieve the joy of healthy living through a comprehensive, highly customized fitness regimen—one that nurtures a life-long commitment to physical well-being.”

Rachel's not only helping me to strengthen my body, but my spirit as well. She has really opened my eyes to the indispensable benefits of proper training and nutrition. Rachel got me on the right track to healthy living."

*John Schroeder  
- Chester, CT*

Even after years of not exercising, I found working out with Rachel was a totally positive experience. She motivates but never judges, and has helped me see measurable results that make me want to keep on going!"

*Marilena Vaccaro –  
Chester, CT*



### The Fitness Center:

Train in an attractive, centrally located facility with expert coaching and friendly people. The Fitness Center is a fully-equipped gym open from 5am to 11pm where you can work out at your convenience.



### Personal and Group Training:

Rachel will work with you on your own or in a "buddy" training group. She conducts customized personal training for adults, teens, children and families, as well as seminars and classes that can be held at the fitness center or an alternative facility of your choice.

### Nutrition and Weight Loss Planning

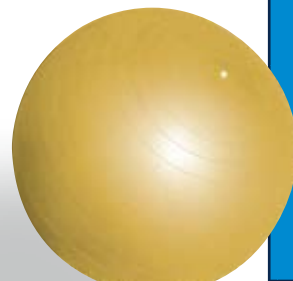
Changing eating patterns  
Heart-healthy eating  
Healthy eating for kids

### Special Fitness Objectives

Rehabilitation  
Sports  
Weddings

My teenage daughter, who worked with Rachel to improve her soccer skills, always looked forward to meeting with Rachel, remained motivated between sessions and was thrilled with the results. Not only did she make the soccer team but, thanks to her work with Rachel, she exceeded the performance requirements!

*Paula M. –  
Waterford, CT*



## The Essential "Fun Factor"

Rachel is committed to helping her clients enjoy every aspect of getting fit and staying fit. She knows that if you don't enjoy your fitness regimen it's not likely you'll want to stick with it, so her approach builds fun into every diet, nutrition and personal workout routine. Through menus and recipes you'll love to make and eat, exercise classes based on games and a variety of exciting special events, Rachel can help you and your family discover and embrace the joy of healthy living.



Rachel pushes me beyond my comfort zone, but with sparkle and a smile. And with each session Rachel gives me some great food tips that help build muscle and maintain metabolism. After only five months I'm stronger and feel great. Thanks Rachel!"

*Michelle Parr Paulson –  
Chester, CT*



15 NORTH MAIN STREET  
CHESTER  
CONNECTICUT  
06412  
860.227.0348

rachelryansfitness@gmail.com

[www.rachelryansfitness.com](http://www.rachelryansfitness.com)