

Personal Fitness Training with Jerod



Jerod Walker, Personal Trainer Certified by RTS, Cooper, ACE, AHA

Jerod has been involved in health and fitness for ten years. He graduated from Texas Tech. Jerod stays current with personal training and in tune to his clients' needs through continuing education, working with numerous people every day, and practicing what he preaches. No matter where you currently stand, if you have a desire to improve your current physical state, he can help you make it happen.

Personal fitness training sessions include:

- *Principles based on the Five Factors of Fitness
- *Biomechanically correct routines that are revised every month
 - *Nutritional guidance
 - *Cardiovascular exercise guidance
 - *Lifestyle coaching
- *Training on high end equipment
- *12 years experience



Jerod Walker

Email: jerod@foreverfit.org

Phone: 214.529.9100

**Located in Northwest Plano at Austin Ranch
Call for a free consultation!**

~ TML IEBP Members receive a \$5 per session discount with this flyer ~