



Women's Personal Trainer Begins New Business In Montgomery, Texas

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FiiT, LLC, a new business based in Montgomery, Texas, has opened their doors to local customers, offering personal training services to women who seek to live a healthier life. The company promises to help their trainees find a balance between their regular lives and exercise, following strict nutritional plans to help them achieve better results.

While more people try to adopt healthier lifestyles every year, they often find themselves discouraged by the number of challenges and obstacles that they come across. Having noticed this trend and how it affected those around her, Mandi Stokes, the founder of FiiT, LLC, decided to address this issue?she began offering personal training along with nutritional plans for women.

Stokes says, "I have always had an immense passion for helping other women, both younger and older, achieve their health goals. I am a certified personal trainer and nutritionist through ISSA, and I create customized exercise plans for individuals, as well as nutrition plans. We all want to live a healthy life, but the lack of knowledge of the best practices combined with an overall lack of guidance tends to keep people away from the path to their goals. What I offer is guidance, support, and professional assistance in all matters

related to your personal training, ensuring that you reach your objectives."

Her personal training services cater especially to women. She has worked closely with other remarkable figures in the industry who have each helped her understand the best training practices for women. Now, after years of learning from remarkable women who train themselves and have faced and overcome similar challenges, Stokes seeks to help others achieve healthier lifestyles.

FiiT's personal training services are designed to take the individual into account. Stokes affirms that it is important for everyone to have an adequate routine and a proper diet that is in accordance with their needs. For this reason, the company dedicates their first meeting with trainees to determine their specific goals as well as their limitations. This helps the company learn about their clients' medical history. This consultation is free of charge and takes between 15-20 minutes, where both parties will get to know each other and trainees will have time to make any inquiries. The information gathered during this consultation is then used to develop a training schedule that is unique to each trainee. If they decide to move forward with their training, Stokes states that they may begin within a few days.

Each training session is conducted by Stokes herself in her home gym space, which is about 450 sq ft. It contains a variety of cardio machines, free weights, and other exercise equipment. Each session is an hour-long, including a warm-up and a cool-down stretch, and they are typically held on Monday/Tuesday/Thursday and Friday.

FiiT, LLC has already received their first customer reviews, shared through online platforms by Stokes' trainees. Through Facebook, Holly Taylor states, "Mandi has been amazing for my health. After years of not focusing on myself, she gave me the knowledge, motivation, and confidence I needed to get in better shape than I was prior to having three babies. She has taught me so much about nutrition and how to make simple lifestyle changes to better my health rather than a quick fix. Her ability to push me while keeping it fun is incredible! She is the absolute best."

Similarly, Lisa Bond says, "I have had the pleasure of being trained by, and working out with, Mandi all around the world this past decade. She has trained me in all different types of weather conditions as far afield as Singapore, Dubai, and the UK. Each country came with a different set of body challenges due to differing weather conditions, and she accommodated my training accordingly so that I could adapt to these varying climates."

Those in need of a personal trainer for women may reach out to Mandi Stokes and inquire about FiiT's services. She invites all interested parties to contact her at their earliest convenience. Her personal training

sessions and nutritional plans are always at the disposal of the Woodforest community and its surrounding areas.

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For more information about FiiT, LLC., contact the company here: FiiT, LLC. Mandi Stokes (936) 217-2237 mandistokes45@gmail.com 121 Grove Clover Lane Montgomery, TX 77316 United States

FiiT, LLC.

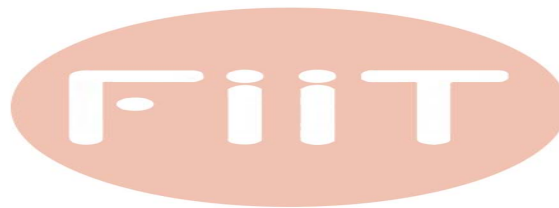
My name is Mandi Stokes. I'm a certified personal trainer and nutritionist. I create customized exercise plans for individuals and nutrition plans.

My goal is to help women reach their highest fitness potential, gain confidence, and to feel amazing.

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