

Fit By Kim is now offering 90 min coaching sessions for those who just want advice or a program to follow. This 90 minutes will include nutrition talks, what types of foods to eat and not eat, and different types of exercise with demonstration to show proper form. You can contact Kim at 704-281-1553 to know more and to discuss the cost for coaching sessions. If this is the service for you, you can book the coaching session at fitbykim.net.

THERE IS NO DIET
THAT WILL DO
WHAT EATING
HEALTHY DOES.

SKIP THE DIET. JUST EAT HEALTHY.



