



Letter from the Trainer!

My own journey to finding a healthy lifestyle has giving me insight into many challenges one encounters. This enables me to have a high level of empathy, respect and understanding.

Extensive experience allows me to guide you, Together we'll create real success stories of improving health and achieving a higher level of life satisfaction!

My education and training completes my coaching arsenal- allowing me to provide you the client, with the tools and methods you need to achieve your goals.

Thank You,

James W. Jenkins



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