

## **General Health and Fitness**

Whatever your health and fitness goals, I will help show you the way to achieving an ongoing fit and healthy lifestyle.

Your goals may be weight loss, toning, increased energy, feeling better about yourself or any other reason or reasons that are important to you. In addition, feel free to review the other areas of expertise on the main page.

Call Robert Collier on the number below to receive 50% of your initial 1 hour individual specific health and fitness assessment.

**027-223-5039**

Robert Collier (Holistic Health and Fitness)  
Olympus and Heritage Personal Trainer

(CHEK 1, CHEK Golf Biomechanic, SSNZ 2, Dip Physed, REPs, B. Rec Mgmt, P.G. Dip Rec Mgmt)

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