

Contact

```
[av_layout_row border="" min_height='15px' color='main_color' mobile='av-fixed-cells' id='welcome']
```

```
[av_cell_one_fourth vertical_align='top' padding='0px' padding_sync='true' background_color='#719430' src="" attachment="" attachment_size="" background_attachment='scroll' background_position='top left' background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top' padding='0px' padding_sync='true' background_color='#92bb46' src="" attachment="" attachment_size="" background_attachment='scroll' background_position='top left' background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top' padding='0px' padding_sync='true' background_color='#acd464' src="" attachment="" attachment_size="" background_attachment='scroll' background_position='top left' background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top' padding='0px' padding_sync='true' background_color='#e1fbb2' src="" attachment="" attachment_size="" background_attachment='scroll' background_position='top left' background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth]  
[/av_layout_row]
```

```
[av_google_map height='500px' zoom='16' saturation='fill' hue='#ffffff' zoom_control='aviaTBzoom_control']
```

```
[av_gmap_location address='Main Street 1, Olcott Buffalo, United States' city="" country="" long='-78.8783689' lat='42.88644679999999' marker='351' imagesize='40']  
[/av_gmap_location]  
[/av_google_map]
```

```
[av_layout_row border="" min_height='0' color='main_color'
mobile='av-flex-cells' id='hello']
```

```
[av_cell_two_fifth vertical_align='top' padding='100px'
padding_sync='true' background_color="" src="" attachment=""
attachment_size="" background_attachment='scroll'
background_position='top left' background_repeat='no-repeat'
mobile_display=""]
```

```
[av_heading tag='h1' padding='30' heading='Get in touch'
color="" style='blockquote modern-quote' custom_font=""
size='70' subheading_active="" subheading_size='15'
custom_class=""][/av_heading]
```

```
[av_textblock size="" font_color="" color=""]
```

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa. Cum sociis natoque penatibus et magnis dis parturient montes, nascetur ridiculus mus.

In enim justo, rhoncus ut, imperdiet a, venenatis vitae, justo. Nullam dictum felis eu pede mollis pretium. Integer tincidunt.

```
[/av_textblock]
```

```
[av_hr class='invisible' height='20' shadow='no-shadow'
position='center' custom_border='av-border-thin'
custom_width='50px' custom_border_color=""
custom_margin_top='30px' custom_margin_bottom='30px'
icon_select='yes' custom_icon_color="" icon='ue808'
font='entypo-fontello']
```

```
[av_textblock size='29' font_color="" color=""]
```

Donec quam felis, que eu, pretium quis, sem. Nulla consequat massa quis enim.

```
[/av_textblock]
```

```
[/av_cell_two_fifth][av_cell_three_fifth vertical_align='top'
padding='50px' padding_sync='true' background_color='#719430']
```

```
src="" attachment="" attachment_size=""
background_attachment='scroll' background_position='center
center' background_repeat='stretch' mobile_display="]
```

```
[av_one_full first min_height="" vertical_alignment='av-align-
top' space="" margin='0px' margin_sync='true' padding='50px'
padding_sync='true' border="" border_color="" radius='0px'
radius_sync='true' background_color='#ffffff' src=""
attachment="" attachment_size="" background_position='bottom
right' background_repeat='contain' animation=""
mobile_display="]
```

```
[av_contact email="" title="" button='Submit' on_send=""
sent='Your message has been sent!' link='manually,http://'
subject="" autorespond="" captcha="" form_align="" color="]
```

```
[av_contact_field label='Name' type='text' options=""
check='is_empty' width='element_half'][/av_contact_field]
```

```
[av_contact_field label='E-Mail' type='text' options=""
check='is_email' width='element_half'][/av_contact_field]
```

```
[av_contact_field label='Subject' type='text' check='is_empty'
options="" multi_select="" width=""][/av_contact_field]
```

```
[av_contact_field label='Message' type='textarea'
check='is_empty' options="" multi_select=""
width=""][/av_contact_field]
```

```
[/av_contact]
```

```
[/av_one_full][/av_cell_three_fifth][/av_layout_row][av_layout
_row border="" min_height='15px' color='main_color' mobile='av-
fixed-cells' id='welcome']
```

```
[av_cell_one_fourth vertical_align='top' padding='0px'
padding_sync='true' background_color='#719430' src=""
attachment="" attachment_size="" background_attachment='scroll'
background_position='top left' background_repeat='no-repeat'
mobile_display="]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top'
padding='0px' padding_sync='true' background_color='#92bb46'
src="" attachment="" attachment_size=""
```

```
background_attachment='scroll' background_position='top left'  
background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top'  
padding='0px' padding_sync='true' background_color='#acd464'  
src="" attachment="" attachment_size=""  
background_attachment='scroll' background_position='top left'  
background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth][av_cell_one_fourth vertical_align='top'  
padding='0px' padding_sync='true' background_color='#e1fbb2'  
src="" attachment="" attachment_size=""  
background_attachment='scroll' background_position='top left'  
background_repeat='no-repeat' mobile_display=""]
```

```
[/av_cell_one_fourth]  
[/av_layout_row]
```

```
[av_section min_height="" min_height_px='500px' padding='huge'  
shadow='no-border-styling' bottom_border='no-border-styling'  
id="" color='alternate_color' custom_bg=""  
src='http://23.91.71.251/~epluginc/fitnessp/wp-content/uploads  
/2016/05/complete-healthy-breakfast-m.jpg' attachment='232'  
attachment_size='full' attach='fixed' position='center center'  
repeat='stretch' video="" video_ratio='16:9'  
overlay_enable='aviaTBoverlay_enable' overlay_opacity='0.8'  
overlay_color='#000000' overlay_pattern=""  
overlay_custom_pattern=""]
```

```
[av_one_fifth first min_height="" vertical_alignment="" space=""  
custom_margin="" margin='0px' padding='0px' border=""  
border_color="" radius='0px' background_color="" src=""  
background_position='top left' background_repeat='no-repeat'  
animation="" mobile_display=""]
```

```
[/av_one_fifth][av_three_fifth min_height=""  
vertical_alignment="" space="" custom_margin="" margin='0px'  
padding='0px' border="" border_color="" radius='0px'  
background_color="" src="" background_position='top left'
```

```
background_repeat='no-repeat' animation="" mobile_display=""]
```

```
[av_heading heading='Check out my services' tag='h1'  
style='blockquote modern-quote modern-centered' size='50'  
subheading_active="" subheading_size='15' padding='20' color=""  
custom_font=""][/av_heading]
```

```
[av_textblock size="" font_color="" color=""]
```

Lorem ipsum dolor sit amet, consectetur adipiscing elit.
 Aenean commodo ligula eget dolor. Aenean massa. Cum sociis
 natoque penatibus et magnis dis parturient montes, nascetur
 ridiculus mus. Donec quam felis, ultricies nec, pellentesque
 eu.

```
[/av_textblock]
```

```
[av_hr class='invisible' height='20' shadow='no-shadow'  
position='center' custom_border='av-border-thin'  
custom_width='50px' custom_border_color=""  
custom_margin_top='30px' custom_margin_bottom='30px'  
icon_select='yes' custom_icon_color="" icon='ue808'  
font='entypo-fontello']
```

```
[av_button label='What I can do for you' link='page,257'  
link_target="" size='large' position='center' icon_select='yes-  
right-icon' icon_hover='aviaTBicon_hover' icon='ue879'  
font='entypo-fontello' color='light' custom_bg='#444444'  
custom_font='#ffffff']
```

```
[/av_three_fifth][av_one_fifth min_height=""  
vertical_alignment="" space="" custom_margin="" margin='0px'  
padding='0px' border="" border_color="" radius='0px'  
background_color="" src="" background_position='top left'  
background_repeat='no-repeat' animation="" mobile_display=""]
```

```
[/av_one_fifth]
```

```
[/av_section]
```