

# Services

```
[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='large' shadow='no-border-styling' bottom_border='no-border-styling' id="" color='main_color' custom_bg="" src='http://23.91.71.251/~epluginc/fitnessp/wp-content/uploads/2016/05/food-bg-3.jpg' attachment='248' attachment_size='full' attach='scroll' position='bottom right' repeat='no-repeat' video="" video_ratio='16:9']
```

```
overlay_opacity='0.5' overlay_color="" overlay_pattern=""
overlay_custom_pattern=""]
```

```
[av_heading tag='h1' padding='20' heading='What I can do for
you' color="" style='blockquote modern-quote modern-centered'
custom_font="" size='50' subheading_active=""
subheading_size='15' custom_class=""][/av_heading]
```

```
[av_hr class='invisible' height='50' 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_one_half 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_icon_box position='left_content' boxed='av-no-box'
icon='uf102' font='lifestyles' title='Nutrition Plans' link=""
linktarget="" linkelement="" font_color="" custom_title=""
custom_content="" color="" custom_bg="" custom_font=""
custom_border=""]
```

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Aenean commodo ligula eget dolor. Aenean massa.

```
[/av_icon_box]
```

```
[/av_one_half][av_one_half 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_icon_box position='left_content' boxed='av-no-box'
icon='uf122' font='lifestyles' title='Weight Loss' link=""
linktarget="" linkelement="" font_color="" custom_title=""]
```

```
custom_content="" color="" custom_bg="" custom_font=""
custom_border=""]
```

Cum sociis natoque penatibus et magnis dis parturient montes,  
nascetur ridiculus mus. Donec quam felis.

```
[/av_icon_box]
```

```
[/av_one_half][av_one_half 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_icon_box position='left_content' boxed='av-no-box'
icon='uf126' font='lifestyles' title='Mental Peace' link=""
linktarget="" linkelement="" font_color="" custom_title=""
custom_content="" color="" custom_bg="" custom_font=""
custom_border=""]
```

Donec pede justo, fringilla vel, aliquet nec, vulputate eget,  
arcu. In enim justo, rhoncus ut, imperdiet a, venenatis vitae,  
justo.

```
[/av_icon_box]
```

```
[/av_one_half][av_one_half 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_icon_box position='left_content' boxed='av-no-box'
icon='uf107' font='lifestyles' title='Home training' link=""
linktarget="" linkelement="" font_color="" custom_title=""
custom_content="" color="" custom_bg="" custom_font=""
custom_border=""]
```

Nullam dictum felis eu pede mollis pretium. Integer tincidunt.  
Cras dapibus. Vivamus elementum semper nisi.

```
[/av_icon_box]
```

```
[/av_one_half][av_one_half 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_icon_box position='left_content' boxed='av-no-box'  
icon='uf11d' font='lifestyles' title='Work/Life balance'  
link="" linktarget="" linkelement="" font_color="" custom_title=""  
custom_content="" color="" custom_bg="" custom_font=""  
custom_border=""]
```

Aenean vulputate eleifend tellus. Aenean leo ligula, porttitor eu, consequat vitae, eleifend ac, enim.

```
[/av_icon_box]
```

```
[/av_one_half][av_one_half 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_icon_box position='left_content' boxed='av-no-box'  
icon='uf10c' font='lifestyles' title='Cardio' link=""  
linktarget="" linkelement="" font_color="" custom_title=""  
custom_content="" color="" custom_bg="" custom_font=""  
custom_border=""]
```

Aliquam lorem ante, dapibus in, viverra quis, feugiat a, tellus. Parturient montes, nascetur ridiculus mus. Donec quam felis.

```
[/av_icon_box]
```

```
[/av_one_half]
```

```
[/av_section]
```

```
[av_masonry_entries link='portfolio_entries,23' sort='no'  
items='-1' columns='3' paginate='pagination'  
query_orderby='title' query_order='DESC' size='fixed masonry'  
gap='large' overlay_fx='active' id="" caption_elements='title'  
caption_styling='overlay' caption_display='on-hover-hide'
```

```
color=" custom_bg="]
```

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

```
[av_cell_one_half vertical_align='middle' padding='0px'  
padding_sync='true' background_color="  
src='http://23.91.71.251/~epluginc/fitnessp/wp-content/uploads  
/2016/05/cheese-845x684.jpg' attachment='236'  
attachment_size='gallery' background_attachment='scroll'  
background_position='center left' background_repeat='stretch'  
mobile_display="]
```

```
[/av_cell_one_half][av_cell_one_half vertical_align='middle'  
padding='100px' padding_sync='true' background_color='#f7f7f7'  
src=" attachment=" attachment_size="  
background_attachment='scroll' background_position='top left'  
background_repeat='no-repeat' mobile_display="]
```

```
[av_heading tag='h1' padding='20' heading='Furthermore...'  
color=" style='blockquote modern-quote' custom_font="  
size='50' 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.

Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim.

```
[/av_textblock]
```

```
[/av_cell_one_half]
```

```
[/av_layout_row]
```

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

```
[av_cell_one_half vertical_align='middle' padding='100px'
```

```
padding_sync='true' background_color="" src="" attachment=""
attachment_size="" background_attachment='scroll'
background_position='center left' background_repeat='stretch'
mobile_display=""]
```

```
[av_heading tag='h1' padding='20' heading='You should know...'
color="" style='blockquote modern-quote' custom_font=""
size='50' subheading_active="" subheading_size='15'
custom_class=""][/av_heading]
```

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

Donec quam felis, ultricies nec, pellentesque eu, pretium quis, sem. Nulla consequat massa quis enim.

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.

```
[/av_textblock]
```

```
[/av_cell_one_half][av_cell_one_half vertical_align='middle'
padding='0px' padding_sync='true' background_color=""
src='http://23.91.71.251/~epluginc/fitnessp/wp-content/uploads
/2016/05/yoga_me-845x684.jpg' attachment='193'
attachment_size='gallery' background_attachment='scroll'
background_position='bottom right' background_repeat='stretch'
mobile_display=""]
```

```
[/av_cell_one_half]
```

```
[/av_layout_row]
```

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

```
[av_cell_one_half vertical_align='middle' padding='0px'
padding_sync='true' background_color=""
src='http://23.91.71.251/~epluginc/fitnessp/wp-content/uploads
/2016/05/woman-running-845x684.jpg' attachment='148'
attachment_size='gallery' background_attachment='scroll'
```

```
background_position='center left' background_repeat='stretch'
mobile_display=""]
```

```
[/av_cell_one_half][av_cell_one_half vertical_align='middle'
padding='100px' padding_sync='true' background_color='#f7f7f7'
src="" attachment="" attachment_size=""
background_attachment='scroll' background_position='top left'
background_repeat='no-repeat' mobile_display=""]
```

```
[av_heading tag='h1' padding='20' heading='Also...' color=""
style='blockquote modern-quote' custom_font="" size='50'
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.
[/av_textblock]
```

```
[av_textblock size='26' font_color="" color=""]
Donec quam felis, ultricies nec, pellentesque eu, pretium
quis, sem. Nulla consequat massa quis enim.
[/av_textblock]
```

```
[/av_cell_one_half][/av_layout_row]
```