Welcome to STRONGCURVYFIT - I'm so excited to be a part of your fitness journey!  Thank you for your interest.

Competitively priced Nationally and Locally at **$**75 **per session/hour** or a Package Rate for **2 or more sessions weekly- at $300/month**, saving you money with the added benefit of coming to **YOU** via ZOOM**!**

Please select your preferred training time via the available drop down boxes on the website. You may also select your preferred package or session type, and book. You will be able to securely complete your purchase on line via ny GoDaddy Website. I start at 4:00 a.m. Mon. - Fri. and end at 5 p.m. Please notify me in writing (via email) if you have had any recent surgeries, injuries or procedures, as you will need to complete the Medical Clearance Form for your Physicians release, in order to safely participate in ANY Fitness programming.

Also, please eat a balanced meal at least an hour BEFORE training, so that your body will have the necessary fuel to burn throughout your workout.  Be sure to hydrate well throughout the day too. I suggest having a water bottle of at least 24 ounces on hand.  A post workout snack like a serving of Greek yogurt, or oatmeal with natural peanut butter or almond butter will help replenish you for your next workout. An example of an excellent pre-workout meal is as follows:

* 1 serving of protein (4 ounces of Seafood, beans, mushrooms, lean beef, chicken, tofu, etc.), 1 serving of vegetables (1 cup of salad, carrots, mixed veggies, etc.) and 1 serving of a lean carb (baked potato, brown rice, sweet potato etc. or an Organic and vegan protein shake like VEGA (can be purchased at on my Amazon Storefront: <https://www.amazon.com/shop/strongcurvyfit-roshauno>.

**If you are not already doing these things, please start as soon as possible to maximize your fitness journey:**

- Get a minimum of 6 hours unbroken rest per night; it is essential for your body to repair and rebuild. It also prevents your body from activating the stress hormone Cortisol, which causes UNINTENDED weight gain.

- Drink a minimum of 64 ounces of water per day, at least 8 - 12 ounces in your first hour of being awake.  This aids in digestion, elimination of wastes, toxins and fats, hydrates the body and tissues for the rest of your day, including workouts.

- Eat within your first few hours of being awake to maximize your metabolism, provide energy, and prevent irrational food cravings

- Eat a lean source of protein with every meal (tofu, seafood, beans, almond butter, lean meats, etc.) to calm cravings and rebuild muscle

- Spend at least 15 minutes a day outside; this has been clinically proven to de-stress and promote wellness through Vitamin D absorption via our skin from the sun.

Every workout session is specifically tailored to you and your fitness goals and health - no two are ever the same, to keep you challenged and motivated.  Please feel free to text, call, or message me if you have any questions.

Thank you again for your business,

**Roshaun A. Osborn**

**Certified Personal Trainer & Proprietor**

**301-751-3143**

**Book a session at strongcurvyfit.com** **Or SHOP the Look & Fit Products at:** [**https://www.amazon.com/shop/strongcurvyfit-roshauno**](https://www.amazon.com/shop/strongcurvyfit-roshauno)**.**

**TIKTOK:** [**tiktok.com/@darealstrongcurvyfit**](mailto:tiktok.com/@darealstrongcurvyfit)

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