

Strand Personal Performance

Stay Young. Be Healthy, Get Fit

We believe that building a strong body and strong mind is the most practical and inspirational way to stay young, be healthy, and get fit. And what makes our approach unique is blending the body and the mind in every step we take. It enables you to work at challenging yet doable intensity. And our approach motivates you to your results as effectively and efficiently as possible.

Here's what you get when you hire Strand Personal Performance as your strength and conditioning specialist:

1. Help to set and stay focused on your goals.

Every client relationship starts with a fitness and energy assessment and a frank conversation about your goals. We want you to have realistic and healthy goals and to connect what you want to accomplish on the outside with what drives you on the inside.

We ultimately measure your results on your progress in key health factors, fitness goals, and quality of life.

2. A challenge for your body and your mind.

Cultivating the mind/body connection is a hallmark of Strand Personal Performance's approach. Making this connection increases your engagement and increases your likelihood of success. You will learn how your body moves and responds to exercise (and your life). And you also learn how to use your body's intelligence to make positive changes in your thinking, your habits, and your life.

We take an "athletic" approach - incorporating physical and mental performance factors - to help you be at your best.

3. Focus on your energy.

Transforming your energy is fundamental to mastering the physical and mental game. Our goal is full engagement as this is where success is achieved and sustained. If you are not there yet, we'll coach you to shift to this winning mindset.

We are also coaching and guiding you through a process to create unstoppable energy so you can meet the demands of your day refreshed and fully energized for new opportunities.

4. Steps to follow and choices to make

The single best way to stay young, healthy, and fit is the way that works for you. But choosing the strategies, creating your plan, and sticking with it can be a challenge. We help you quickly get to the approach that works for you by guiding you through a series of steps and choices that lead to a strong body and strong mind.

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5. Direct and honest feedback.

There are no secrets with us. We readily share our knowledge and expertise with you. You can count on us to be quick to identify additional resources that may be helpful. And we will be direct if something does not seem to be working. It is the only way to work together to achieve your success.

A strong body and a strong mind will make you feel (and be) young, healthy, and fit!

Don't miss out on your life!

Contact us now to learn how we can help you get going and keep moving!



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To learn more, we invite you to visit our website: www.strandpersonalperformance.com

Also read our blog, ***Performance U***, at www.strandpersonalperformance.com/blog