

Mission Statement

Virgofit's primary mission is to positively motivate those individuals who have the will but lack the courage; to educate, enlighten and enrich those individuals who have the courage but lack the direction, and finally to hold accountable those individuals who have the will, courage, and direction but lack the discipline.



Choice is a powerful freedom and you must choose to believe in yourself.

VIRGOFIT.COM

**Dream the life,
then live the
dream!**



VIRGOFIT LLC

Marquis A. Phillips, CEO

Fitness Coach/Therapist

T: 916-849-9621

E: marquis@virgofit.com

Rehabilitative Exercise Specialist - Certified

AFFA - Certified Personal Trainer

International Sports Science Assoc. - Certified
Personal Trainer

USA Weightlifting - Registered Coach

Professional Fitness Consultant

- **Fitness**
- **Nutrition**
- **Weight loss**
- **Fitness Therapy**
- **Athletic development**



VIRGOFIT

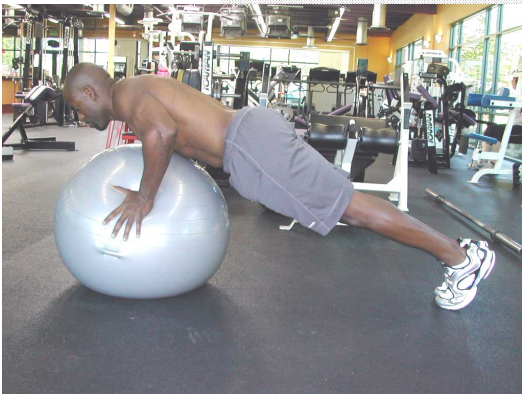
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DREAM THE LIFE, THEN LIVE THE DREAM!

Discipline and Consistency

- Where there is a need for education, Virgofit will enlighten.
- Where there is a need for encouragement, Virgofit will inspire.
- Where there is a lack of direction, Virgofit will provide the goals and set the pace.

It is imperative that in these modern times of technological convenience we as a society place a higher priority on our physical well-being.



Compassion

I believe that we all dream about a better life for ourselves and often times we find ourselves sitting at the window of opportunity waiting for a star to fall so that we can make a wish that will make everything better in the blink of an eye. I ask you to consider this: what can one ever hope to accomplish while staring out of a window besides dreaming?



Fitness, like life, is a journey... enjoy it!

The time to act is now. I challenge you to do more than just dream about that better life, I challenge you to summon the courage to live that dream of a healthier life. Virgofit understands that grabbing that star can be frightening and we welcome those brave souls who are ready to take that challenge head on. This is the first step—congratulations I'm proud of you! Fitness, as it is with life, is a journey that should be met with patience, an open mind and a willing heart. With Virgofit you will find more than just guidance, you will find friendship, kindness, and respect.

Positive Affirmation

You must, as an individual, begin each day with the knowledge that you deserve to be happy . You are setting out to better yourself, not because it will give you self worth, you already possess that. What you are setting out to achieve is fulfillment: When your body is out of good physical condition then your heart and mind are

out of sync as well. This means that throughout the day your mind may give your body commands that it is unable to perform. Simple activities such as helping a friend move, throwing a ball around with your children, or even going on a leisurely stroll may be too physically demanding to complete.

I assure you that you do not have to accept this when you are capable of so much more. It's like pushing a bike up a long steep hill; at the beginning you can't even see the top let alone imagine yourself getting there, but you charge up anyway on faith. Along the way you may stop often to catch your breath, heck you may even slide back a little, but no matter what, you never give up, and one day you look up and you don't see this huge mountain casting its shadow across your life anymore. All you can see are your feet planted firmly at the top and the view that comes with it.

I know it won't be easy, it may take time, it may take perseverance, but I believe you're worth it... what do you believe?



Your health is the most important possession you have. And fitness is the way to achieve it.