**TOP REASONS WHY TO HIRE ELIZABETH AYLOR AS YOUR FITNESS COACH**

***IT’S ALL IN THE NAME***

**E- EDUCATED**- When it came to hiring a fitness coach it’s was important for me to seek someone highly qualified, skilled, and professional. Elizabeth holds a Bachelor’s degree in Kinesiology, is a Certified Strength and Conditioning Specialist and a Certified Holistic Nutritionist.

**L-LOVE**-She absolutely loves her job. She devotes all her time and effort trying to improve ways to help her clients. She’s passionate about her profession and loves to help others reach their true potential.

**I-INSPIRING** – She inspires me with her creative workouts and motivates me to hit the gym daily and give it all I’ve got.

**Z-ZEALOUS**- She is overzealous and enthusiastic. She always see’s life from a place of gratitude, is grateful for life, and wants the best for her clients.

**A-AMBITIOUS & AUTHENTIC**- She is ambitious and will always push you to be the best version of yourself that you can possibly be. Her authenticity is what truly makes her shine. No one gets as real, honest, and authentic like Elizabeth.

**B-BELIEVE**- You need to trust and believe in Elizabeth and yourself that the process and journey she is taking you on will lead you to your ultimate goal.

**E-ENERGETIC**-Have you seen her Instagram posts!!! The woman is a powerhouse. She will have you pumping at the same intensity and energy she trains at in no time. *BEASTMODE* all the way!!!

**T-TEACHER**- She educates and teaches her clients to train and transform their body through maconutrient calorie counting and weight training. She teaches you to change your mindset, give yourself self-care, and self-love. Elizabeth’s biggest teacher in life has been through her own struggles and obstacles. Her mission is to teach all of us that no matter what challenges we face we can overcome them all by digging deep within and giving it our all.

**H-HUMBLE**-Elizabeth is truly humble and modest. She is *a REAL* person who is never standoffish or pretends to be something she is not. She openly shares her journey with others which makes her the stoic, beautiful, loving, caring, smart, and BADASS woman I call my *FITNESS COACH.*

 **A TRUE ICONIC FITNESS AMBASSADOR**