



VISUALIZE YOURSELF IN 3D



SOULIFTING STORIES

TESTIMONIALS Client's Results



“
Catie

“ I HAVE LOST 6” & 10 LBS IN 2 MONTHS!
I AM A NEW WOMAN, WITH A NEW CONFIDENCE,
AND I AM JUST GETTING STARTED!
THANK YOU SOULIFTING!”

“
Goose

Tina is an amazing personal trainer! She is personable, listens and addresses any of my concerns, and truly cares for each and everyone of her soul sisters! (Clients) In just 6 weeks, working out 3 to 4 times a week, and changing my eating habits, I have lost over 10 inches and over 10 lbs! Tina is so positive and uplifting, and checks in with me even on the days I don't have training. If it wasn't for Tina at Soulifting, I would still be a couch potato, still gaining weight! If you can't get motivated on your own, contact Tina! You will not be disappointed!!

“
rvrdbl

Best experience I've ever had - Coach Tina changes up your routine and truly customizes for your needs and abilities - she is able to know your strengths and weaknesses to set goals. It's more than just a place to work out. There are times if I wasn't with Soulifting that I would not of worked out but having an appointment helps you stay focused and consistent.

“
Jessica G

I just completed my first 12 week session with Tina, and the results have been amazing! She is so motivating, and is SO flexible with schedules, and changing times to suit her clients. I intend to stick with her here and there because she has helped me so much getting back in to a healthier, stronger me.

For more information
text **Tina** @ **928-733-7664**



SOULIFTING

EMPOWERING WOMEN WITH EVERY LIFT

45 Capri Blvd Lake Havasu City, AZ 86403



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SOULIFTING COACHING

is a supportive community of like-minded women, ready to create positive change in our lives. We believe that small, daily actions can open big doors, and together, we're unstoppable. Join us, because together, we've got this!

**“I will meet you wherever you are,
in your health & fitness journey.”**

~ Coach T

SOULIFTING SERVICES

- 3D Health & Body Scans
- Measured Results
- Unlimited Coach Access
- Nutritional Guidance
- Private Members Only FB Page
- Monthly SoulSister Gatherings to keep our community strong & supportive

Tina Michele

Fitness Director
CLC; CHC; CPT

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@ soulifting_havasu

SOULIFTING.COM

SOULIFTING SCANS

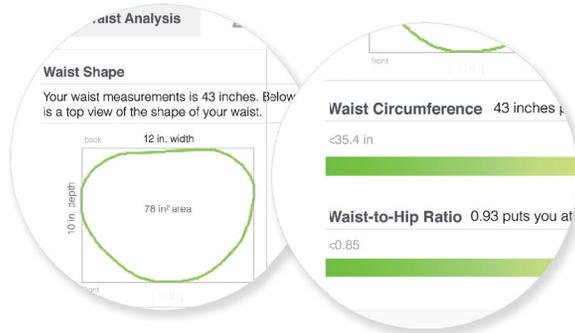
VISUALIZE FAT LOSS IN 3D.

Oct. 1
 141 LBS
 TOTAL WEIGHT
 44 LBS
 FAT MASS
 31%
 BODY FAT %
 34.2 IN
 WAIST
 42.7 IN
 HIP
 24.5 IN
 THIGH
 2478 IN³
 TORSO VOLUME

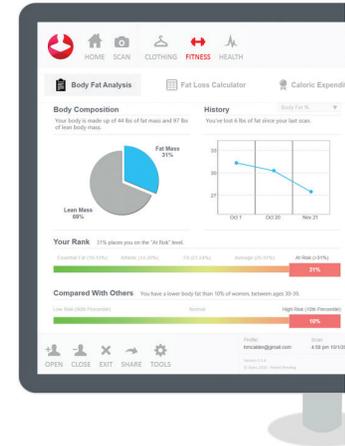


Health Fitness

Body Shape Analysis
 Calculate waist circumference and analyze the shape.
 Determine your risk level for disease using waist circumference and waist-to-hip ratio.



- Risk Analysis
- Risk Reduction
- Body Fat Analysis
- Fat Loss Calculator
- Caloric Expenditure

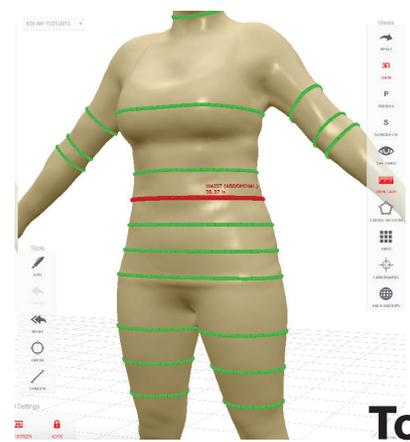


Tina Michele
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 CLC; CHC; CPT
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 928-733-7664



SEE THE RESULTS.

Nov. 21
 139 LBS
 TOTAL WEIGHT
 38 LBS
 FAT MASS
 27%
 BODY FAT %
 30.4 IN
 WAIST
 40.2 IN
 HIP
 23.3 IN
 THIGH
 2254 IN³
 TORSO VOLUME

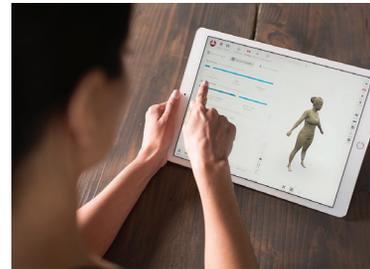


3D Health & Body Scans

Open to the Public!

Non-member Pricing

Starting at:
\$35 one time scan
\$30 each for a package of 3



Current and Past SoulSisters

VIP Pricing

Starting at:
\$35 for walk ins
\$30 for prepaid packages

(price depends on processing times - 2 hr vs 8 hr)

Ask About Our
SPRAYTAN SERVICES



To schedule your scan text **Tina** @ **928-733-7664**