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Fit by Kim is now offering 90-minute coaching sessions for those who only want advice or a program to follow. This 90-minute coaching session will include nutrition talks, what types of foods to eat and not eat, and different types of exercise, with demonstration to show proper form. You can contact Kim at 704-281-1553 to know more and to discuss the cost for coaching sessions. If this is the service for you, you can book the coaching session at [fitbykim.net](http://fitbykim.net).

THERE IS NO DIET  
THAT WILL DO  
WHAT EATING  
HEALTHY DOES.  
SKIP THE DIET. JUST EAT HEALTHY.

