

ABOUT YOUR TRAINER

Hi, Lou Bagnaschi here, and I am the proud owner of Mighty Fitness. I'm a Certified Personal Trainer specializing in helping women just like you lose weight, get fit, learn how to end constant dieting and enjoy increased metabolism, strength, and energy so you can live longer and feel great!

Now, before I tell you more about me, let me clear something up...

Asking for help to achieve a goal is NOT a sign of weakness! In fact, getting insight, a fresh perspective, and motivation from an impartial observer can be just what you need to find a new way to tackle a problem you've been having trouble overcoming.

It's no coincidence that a highest percentage of the world's most successful people -- from elite athletes to captains of industry -- credit their success to help from their coaches.

I've been helping women get fit for the past 10 years. I first decided to become a Certified Personal Trainer after I became the mother of three wonderful children.

I'm not just the owner... I'm also a client! 😊

...But with each pregnancy I had a lot of weight to lose.



Me "Before"



Me "After"

A grand total of 195 pounds, to be exact! That's a LOT of extra weight to be carrying around. My passion for staying fit helped me shed the extra pounds and at 51 years old...I've never felt younger and more alive!

A lot of women have difficulty getting rid of their pregnancy weight and so did I. I can remember how horrible I felt being overweight. My joints hurt. I was tired all the time. My clothes were bursting at the seams. I hated looking in the mirror or trying on new clothes!

Sound Familiar?

Since then, I've undergone rigorous education and training, including earning a number of accredited certification credentials, including: Certified Personal Trainer (CPT), Certified Youth Fitness Specialist, Optimal Performance Institute for Fitness & Nutrition, Certified Pilates Instructor, Certified Yoga Instructor, and Certified Zumba Instructor (*I love to dance!* 😊). Advanced Exercise Nutrition Specialist, Weight Management for Women Specialist, CPR Certified/AED Certified, Professional Memberships: IDEA Health and Fitness Association. In fact, to maintain my credentials I am required to complete 20 units of Continuing Education Courses every two years. I stay up-to-date with the latest scientific health and fitness discoveries and trends to better serve you.

During my days as a personal trainer at *Equinox Gym*, an upscale fitness club known for its industry-leading personal trainers; training everyone from top celebrities, pro athletes to professionals alike, I realized very quickly that (even in upscale gyms) many women get frustrated by the one-size-fits-all fitness centers that cater mostly to men who want to bulk up.

And let's face it; there's no shortage of those types of gyms around. They're expensive and crowded and many of the trainers are used to working with people who want to just increase muscle size. Strength training is important, but if you want to lose weight, you need something more.

For close to a decade, **I've had the pleasure of working with hundreds clients**, and I've been able to help them overcome MANY of the hurdles that have been preventing them from achieving true success.

My clients come from varying backgrounds, and have a multitude of educational, career, health concerns, and life experiences.

But the one thing they have in common is the desire to overcome self-defeating habits that are holding them back, and **enjoy greater levels of success, and all the rewards that come with it.**

Have faith and keep training,



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