



# MONITOR FITNESS



1-TO-1 TRAINING






SMALL GROUP TRAINING



ONLINE TRAINING

**Certified:** personal & online trainer  
and nutrition coach

**DO YOU WANT TO SHED FAT, TONE  
MUSCLE, BUILD STRENGTH, AND  
MOVE WELL? THEN MONITOR  
FITNESS IS FOR YOU!**

-  **Weight loss, build & tone muscle, gain strength, and improve fitness**
-  **Cardiovascular & resistance training, and nutrition coaching**
-  **Specialising in Type 1 diabetics programming**

**Ready to get results and  
live a healthier &  
happier life?**

**Contact Stephen Mooney**



0861249431



monitorfitness1@gmail.com



stephen.mooney.3760



@monitorfitness\_1

