

The Team



Michael Wilkie is a certified Nutrition Consultant and Weight Room Specialist through A.F.A.A., one of the most recognized certification organizations in the field of health and nutrition. After graduating with degrees in Small Business Administration/Entrepreneurship and Business Management, he created Fit For Life Personal Training to bring high-level customization to clients seeking better health, fitness, and weight loss. Almost a decade after beginning his company, Michael still actively works to give his clients the greatest science-based success with very personal one-on-one attention.

Michael is also the promoter of an annual regional drug-free natural bodybuilding competition. He is a competitive natural bodybuilder and has trained many aspiring athletes, bodybuilders, and figure competitors along with clients of every level seeking better health.

Located at:
264 Main Dunstable Rd.
Nashua, NH 03062

Mailing Address:
9 Kristina Way, Nashua, NH 03060
(603) 315-0530
mykul4lyf@comcast.net

The Diet Doc

Joe Klemczewski, PhD

Permanent Weight-Loss Program

The Problem...

The majority of adults begin a diet at least once a year. Yet statistics reveal almost 95% of us gain back any weight we lose. Why? Most books and programs start out with a single plan that may work for someone. You're not "someone" – you're YOU! You have unique genetics, a distinctive body type, different goals, and a one-of-a-kind life. Someone else's plan isn't going to fit. Complicated exchange lists, "easy-to-follow" menus, and cookie-cutter diets aren't the answer – they lead to a high failure rate.

The answer is to work with a qualified professional who can help you understand nutrition and what's best for YOUR body. Imagine having that expert help you through the whole process. When you have questions or changing circumstances, wouldn't it be great to have that same experienced "coach" right there ready to help?

The Solution...

That's what The Diet Doc Permanent Weight-Loss Program is all about. Designed and perfected over the last decade by Joe Klemczewski, PhD, it has already spawned books, radio programs, and hundreds of magazine articles. This proven system that has helped thousands of clients around the world is now available to you. The principles, however, remain unchanged. Dr. Joe knows the success of his clients has been due to having the right plan for each person AND because of the support they received through the entire journey.

Joe has selected and has personally trained only those clinic owners who he knows can do what it takes to help clients achieve excellence as if they were in his own office. You will engage in a process that begins and ends with individual attention. You won't be on this path alone – you will have a guide who has the knowledge and experience to make sure you make it to the summit. You will have someone who truly cares about you as a unique person.

The Program!

Diving into a comprehensive program can seem overwhelming but the alternative is ultimate failure. Experience has shown us that moving forward one solid step at a time is crucial. Take your time, engage in the process, and let the program unfold. Here are the steps we like clients to follow:

- Initial consultation for health history and program development
- Begin email support for questions and progress
- Follow-up consultation to continue your personal journey
- Fitness evaluation and consultation
- Two personal training sessions for fitness education
- Attend a series of classes that cover practical issues
- Additional private consulting as requested

After ten years of working with clients, we simply won't offer a service that isn't all-inclusive and designed to help you achieve your goal. We'll be with you through every step of the way and we'll cross the finish line together!