

laurachavezcoaching@gmail.com

Deviant 24:7 Gym

LAURA

CHAVEZ

NORWOOD



PERSONAL TRAINER

**Women's nutrition coach (AWPT) | Applied Neuroscience |
Fundamentals of Program Design | Strength Systems
Certification | Biomechanics (N1 Training)**

SPECIALTIES

- ▶ Strength training
- ▶ Women's Health
- ▶ Body recomposition
- ▶ Program Design
- ▶ Lifestyle transformation
- ▶ Habit Building
- ▶ Mindset
- ▶ Holistic health
- ▶ Sustainable results

NORWOOD



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