



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ORLANDO GREEN PERSONAL TRAINER

Orlando Green, owner of **Fit 4 Life** personal training services is certified through ISSA – International Sport Science Association and also CPR Certified. He is a native of Athens and he offers over 17 years of training experience in both personal training and group training.

Orlando has worked with people in all walks of life. He also has a personal investment in body transformation. Growing up, Orlando was always a skinny kid, struggling to put on and maintain muscle. Looking at him now, it's hard to envision this. Through hard work and dedication he has become a world record holder and highly respected strongman and deadlift competitor.

Orlando has devoted his life to helping other people transform their bodies and more importantly, their lives. **Fit 4 Life** provides expert personal training to help clients perform at their physical best, regardless of age or fitness level. Orlando is not a drill sergeant, but he does believe in helping people to become the strongest version of themselves through exercise, whether it's physical or mental.

Everyone's body is different and everyone's goals are different. **Fit 4 Life** offers no cookie cutter workouts, each client's abilities and goals are assessed and a custom training program is created that is tailored to that individual.

Fit 4 Life Programs include:

- Custom weight training programs, Weight Loss programs, Assessments and evaluations- initial and ongoing,
- Strength training, Pre- and Post-natal training, Sport specific training, Nutritional counseling
- Boot camp training, Group training, Mentors troubled youth

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