

# Health Begins with YOU!

Lisa Vicknair with OnSite Fitness and Wellness, has put her company's slogan into action. She truly believes that the "Health begins with YOU!" That is why she specializes in customized fitness programs tailored to suit individual fitness and wellness needs AND she will do it in the comfort of your own home.

Lisa's passion is to provide a way for busy moms, dads and entrepreneurs to address their needs for a successful fit and healthy lifestyle.

This is what led her to start her business eight years ago. She is a busy mom and entrepreneur herself and knows the importance of making fitness and wellness convenient, efficient and affordable.



Originally from New Orleans, Lisa has been in the fitness industry for 17 years. She started OnSite Fitness and Wellness when she was living in Atlanta and then brought it with her when she moved to the North Cypress area 5 years ago. She has seen the area grow tremendously during that time and is excited to be a part of that growth in hopes of sharing her vision with the rest of the community.

Lisa started her business with personal training as her only service, but has now added many other services such as guided grocery tours, wellness coaching and many more. All of her services can be found on her new website [www.](http://www.HealthBeginsWithYou.com)

[HealthBeginsWithYou.com](http://www.HealthBeginsWithYou.com). For those who still can not work in personal face to face time with her in their schedule, she offers virtual training and phone coaching – both of which are a wonderful way to get started regardless of your location or schedule limitations. One very important part of her Nutritional Guidance service is the belief that "DIETS are not healthy decisions, healthy habits are." She is ready to help you with these habits through education, scientific-testing and behavioral changes.

The expansion of individual services is not the only way in which OnSite Fitness and Wellness is growing. Lisa is also now strongly promoting her Corporate Wellness Programs. By focusing on Employees' well being, companies can see them become more productive and show them their high level of commitment to caring for their team. OnSite Fitness and Wellness believes it is better to invest in encouraging employees to make healthy lifestyle choices than to spend that money covering the high medical costs that result from unhealthy choices.

Now is a perfect time to Spring into action and start a program custom made for you. Lisa is offering 10% off package pricing for anyone who mentions Metro Woman magazine. For more information on any of the services discussed in this article, visit [www.HealthBeginsWithYou.com](http://www.HealthBeginsWithYou.com). For a free phone consultation, call Lisa at 713-419-2221.