



Yvette Salva Fitness



WELCOME!

YOU ARE NOW APART OF A FAMILY.
THE YSF FAMILY!





WELCOME

Stay Fearless!

Welcome to the YSF family!!!!

I just wanted to thank you for coming on board with us for personal training sessions.

We are committed to making this an amazing journey for you, so please do not hesitate to reach out to me directly if you have any concerns. My cell is 732-353-8529

Here are just a few things to get you started that may help.

Yvette Salva

LINKS FOR SUCCESS

1 THE DIET.

CHANGE HEALTHY EATING FROM DAUNTING TO DOABLE.

If you are interested in some ideas for foods in the three categories of macros, please contact me.

Life is not always going to be ideal based on our circumstances and sometimes we just need to make a good choice instead of the best choice. A lot of times we as women get caught up in doing it perfect and if we mess up.. well we all know what happens then,.. we face plant in tacos and start on Monday. Ha!

I want you to gradually change that mentality so that if weight loss is your goal. You can lose weight and live your life! Remember food is just food... if we are eating in a surplus you will gain weight and if you are in a deficit you will lose weight. PERIOD!

So remember it's not the carbs or the sugar,..it's the amount.

Trust me I eat carbs and sugar... :)

2 MACROS TABLE.

TRACKING MACROS

This will give you a basic idea of how macros are broken up. It's the basics! Nutrition made simple!

Macro Table

LINKS FOR SUCCESS

3 HEALTH TRACKER

Health Tracker

THIS IS THE BEST TOOL!.... WHY!?!?.....because change happens based on our habits. Habit habits habits. Habits take time and repetition.

So the way you get healthy is by tracking habits.
Just so you know I still use this habit tracker

I track my water, my workout, even other personal development tools like reading, mediation and journaling. Make it your own.. find what works for YOU and track that!

Click [here](#)

4 WEEKLY BLOGS

Weekly Blogs

Once a week I send out a blog....

WARNING! Just a heads up it has some foul language. I just speak from the heart and it's pretty raw... but if you find this offensive in any way please let me know and remember you can always unsubscribe.

The blogs cover all the issues! We will talk about most ANYTHING from how to do a pushup, to how to get out of the vicious cycle of starting on Monday... AGAIN! So just keep an eye out and if for some reason you don't get them please reach out!

LINKS FOR SUCESS

5 SOCIAL MEDIA

INSTAGRAM/FACEBOOK!

I am very active on both these sites with content that will help ANYONE not just YSF clients but other topics that are dear to my heart like personal development, life coaching, nutrition, exercise, discipline, motivation and recovery. Feel free to follow me for some motivation.... but again I am very raw with my style so BEWARE :)

Click below for my social media!



HOW WE COMMUNICATE



COMMUNICATION



Train@YvetteSalvaFitness.com (732) 251-0300

**By Appointment
Only**

**BEST WAY OF
CONTACT:
TEXT MESSAGE**

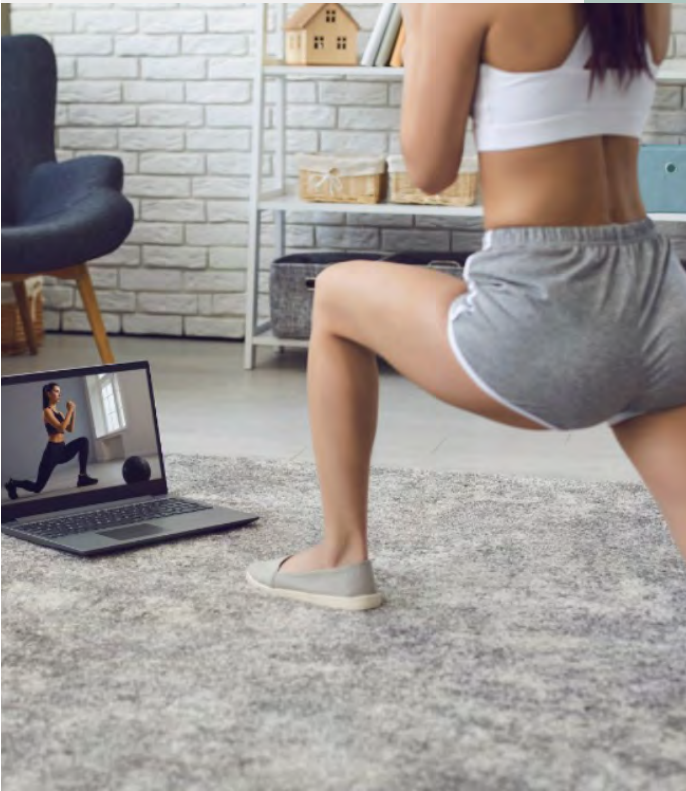
VIRTUAL TRAINING

Don't worry!

Just know that you NEVER have to cancel an appt. Things come up and with covid our entire business was online for a full year!

If your kids are sick or you are short on travel time. Just press the button on your phone or tablet and you will get your workout in! And don't worry about equipment we will make it work.. TRUST ME!.

We want to keep you as CONSISTENT as possible so you reap the results you signed up for!





Please get in touch if you have
any questions!

Remember... Drink Your WATER!!

Yvette Salva Personal Fitness

Thanks!
Yvette