

Sandra L. Garth
Certified Personal Trainer, Weight Loss Coach, Speaker
One Body One Lifetime - *Fitness From the Inside Out*

Clients Comments



When audiences need both a pick-me-up and a kick in the pants to get going on something, I recommend Sandra Garth!"

Ilene Dillon
Host of Full Power Living
worldtalkradio.com

Sandra was a guest on my afternoon radio talk show in CT and was so wonderful that I've invited her to do a monthly feature on my show!

Mary Jones
Midday Magazine
Hartford, CT

Sharing her amazing approach to weight loss and fitness, Sandra Garth has the talent and knowledge to engage and teach her audience practical, real world solutions to excuses and obstacles. Sandra's presentations and workshops teach that it's imperative to listen to your inner voice so that you can hear the voice of your spirit, your source, and your own divinity guiding you along the way. Sandra consults clients on how to eat well and be fit without deprivation. Her participation in CNN's New You Revolution with the help of Dr. Sanjay Gupta renewed in her the determination to help others reach their fitness goals. Sandra is the host of Fit Matters on WUCM 90.1, online contributor for WEYI NBC-25, and mid-west correspondent for the Mary Jones Midday Magazine in Hartford CT. She is the editor of the ezine *Fit Matters*, a certified personal trainer, a member of IDEA, and has held prior certifications from NETA and NIA.

Presentations

Weigh to Go!- Nutrition, fitness and wellness are the components of this presentation. Learn real world solutions for optimal health and permanent weight loss.

Coping With Deployment - Desperate times often call for desperate measures. Whether your loved one is across town or on the other side of the world there are coping strategies to keep your head above board and your hand out of the cookie jar.

Workplace Wellness - You spend 30-50% of your waking hours on the job, so it only makes sense to be fitness minded while you're there.

Fit Matters in the Kitchen - Cooking healthy can be fun - and fast - to accommodate your jam-packed schedule. However, buying healthy food is just the first step toward a better diet.

Whittle Your Waistline Not Your Wallet

It's a major misconception that eating healthy is expensive. There are lots of ways to use the grocery store and some shops off the beaten path to lighten your meals and not your wallet.

Childhood Obesity, Don't Be Fueled - Sound nutritional and fitness habits start at home and carry over in school. As parents and caregivers it's our responsibility to teach our children how to eat right and get active.