

Shawn Phillips Training Offers Holistic Approach to Fitness and Nutrition

Personal trainer, nutrition coaching service, boosting energy, addressing hormone imbalances, fat loss

LOS ANGELES, CALIFORNIA, UNITED STATES, March 18, 2024

/EINPresswire.com/ -- Shawn Phillips Training, a Los Angeles-based fitness and [nutrition coaching service](#), announces its unique holistic program that goes beyond simple workouts to address overall health and well-being.


Shawn Phillips, a certified [personal trainer](#) and nutrition coach, understands that lasting fitness success requires a multifaceted approach. His programs focus on fat loss, boosting energy, addressing hormone imbalances, and providing a foundation of nutritional education.

"My goal isn't just to help clients look better temporarily," says Phillips. "I want them to understand how their bodies work and how to make sustainable lifestyle changes for long-term health and happiness."


Shawn Phillips Training offers a range of services tailored to fit individual needs, including:

In-Home Personal Training: For clients in Santa Monica, Los Angeles, Beverly Hills, and surrounding areas.

Online Nutrition Coaching and Fitness Phone Consultations: Ideal for those with busy schedules or outside of the in-home service area.



Shawn Phillips Training



addressing hormone imbalances

Nutrition Counseling and Lab Testing:
To identify underlying health issues
and create customized nutrition
plans.

Shawn Phillips has earned a reputation
as one of the best celebrity personal
trainers in the Los Angeles area. With
his holistic approach, he aims to help
everyone achieve their fitness goals
and lead healthier, more fulfilling
lives.

About Shawn Phillips Training
Shawn Phillips Training is a Los
Angeles-based personal training and
nutrition coaching business that
prioritizes long-term health. Founder
Shawn Phillips uses his expertise to
create personalized programs that
empower clients to make lasting
changes.

Contact:

Shawn Phillips

Shawn Phillips Training

(310) 720-8125

holisticbodytrainer@gmail.com

<https://shawnphillipstraining.com>

Shawn Phillips

Shawn Phillips Training

+1 310-720-8125

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

[Instagram](#)

[YouTube](#)



boosting energ



nutrition coaching service



Personal trainer

This press release can be viewed online at: <https://www.einpresswire.com/article/696927884>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something

we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.