

A&J Coaching Launches New Christian Health Coaching for Couples

The new global online program is designed to transform faith and fitness for Christian couples

KNOXVILLE, TN, UNITED STATES, October 24, 2024 /EINPresswire.com/ -- [A&J Coaching](#), founded by Anna and Josh Annis, has launched a groundbreaking health coaching program aimed at Christian couples seeking to transform their physical and spiritual well-being. Specializing in a holistic approach that addresses both faith and fitness, the company introduces a new model of health coaching that supports lasting change for couples.

The husband-and-wife team, drawing from personal experience, has crafted

their flagship program, Total Transformation, to help couples break free from the cycles of burnout, guilt, and disconnection that often plague their health and relationships. After facing significant challenges in their own lives, Anna, a certified personal trainer, and Josh, a former

Division I wrestler from Cal State Bakersfield, built A&J Coaching to provide an all-encompassing solution to the struggles Christian couples face in achieving true balance and health.

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The Total Transformation program emphasizes the



importance of growing together, incorporating faith as a key component of overall well-being. The program's unique approach, which blends physical training with spiritual growth, sets it apart in the fitness industry.

"We believe there's a new way to approach health, and it's something that's never been done in this space before," said Josh Annis. "Our goal is to redefine what it means to be a healthy couple, from the inside out."

Through A&J Coaching's online platform, couples around the world can access this transformative program, which offers personalized coaching, community support, and actionable strategies to help them thrive.

For more information about A&J Coaching and the Total Transformation program, visit ajhealthcoaching.com.

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Josh and Anna Annis, Founders of A&J Coaching

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