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My methods focus on identifying and maximizing your strengths, preferences, and current lifestyle. I will not force you into a box with "don't eat this" and "eat this" recommendations. A client-centered approach means I make every effort to listen well and use what is learned to uniquely help you succeed as you develop life-long healthy habits.

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Bullet Proof Fitness strives to provide an exemplary service for those wanting to make a positive change in regards to their health and lives. To maintain a professional facility that applies to the needs of our clientele. To have a gym space that can accommodate many styles of fitness. OUR MOTTO

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We know this can be a stressful time, Bulletproof Health & Fitness is here to help. We have gummies, tinctures, pre rolls, and topicals, ready for pick up. Don't struggle with your pain, stress, or anxiety. Let us help you with great products at an even better price.

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