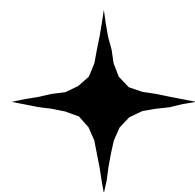




The Midlife Fitness Reset



Meet Jeremiah Braggs

Jeremiah Braggs is a dedicated fitness coach passionate about helping individuals achieve their best selves. With years of experience, he understands the unique challenges faced by those in the midlife phase, providing tailored support and guidance.



With a holistic approach, Jeremiah combines physical training, nutritional advice, and motivational coaching to foster lasting transformations. He is committed to creating a supportive environment that empowers men and women aged 40–60 to embrace their fitness journey and thrive in their health goals. Join him to discover not just fitness, but a renewed sense of vitality and purpose in life.

Program Overview

Tailored Fitness Strategies for Your Unique Journey

Our program focuses on a **holistic approach** to fitness, emphasizing the importance of personalized plans. We work with you to establish goals that align with your lifestyle, ensuring sustainable changes that promote long-term health and vitality.

With **nutritional guidance** at the forefront, we offer insights tailored to your preferences and needs. Our ongoing support means you're never alone on your journey; regular check-ins and adjustments keep you motivated and accountable, helping you reach your fitness goals effectively.

Transform your life

What to Expect

Expect a supportive environment that fosters growth and accountability.

Personalized Training Plans

Each plan is designed specifically for you, taking into account your fitness level and goals.

Nutritional Guidance

We provide suggestions for meals that are delicious, nutritious, and easy to prepare.

Ongoing Support

Continuous encouragement and adjustments ensure you stay on track and motivated.

Nutrition Insights

Proper nutrition is essential for **achieving your fitness goals**. The right foods fuel your workouts and help your body recover, leading to improved performance, energy levels, and overall health, especially during the midlife phase.



Adopting a balanced diet rich in whole foods can significantly enhance your physical and mental well-being. Incorporating lean proteins, complex carbohydrates, and healthy fats will not only support muscle repair but also help maintain stable energy levels throughout the day. Remember, **food is your ally** in this journey. Prioritize nutrient-dense options to empower your body and mind, paving the way for a successful fitness transformation during your midlife reset.

Training Philosophy

Core principles for achieving lasting fitness results and wellness

At TrueVisionFit, we believe in a **holistic approach** to fitness. Our training philosophy emphasizes the importance of understanding your body and establishing sustainable habits that fit your lifestyle. This ensures that your journey towards fitness is both enjoyable and effective.

Consistency is key in any fitness journey. Regular training not only helps build strength but also fosters a sense of accomplishment. By listening to your body, you can adjust your workouts to prevent injury and promote recovery. Recognizing and celebrating small wins along the way keeps you motivated and engaged, making fitness a rewarding experience.

Achieve lasting change

Consistency

Staying committed to your routine is essential for long-term success.

Body Awareness

Learning to listen to your body's signals aids in effective training.

Small Wins

Celebrating milestones boosts motivation and reinforces positive habits.

Sustainable Growth

Focusing on gradual progress leads to more meaningful fitness achievements.

“Transformations happen when you commit to change and take the first step towards your goals, no matter how small.”

– Jeremiah Braggs

85%

Participants who achieved fitness goals

50%

Clients reporting increased energy

90%

Satisfaction with personalized plans



Ready to take the leap towards a healthier, revitalized you?



Action

Join us at TrueVisionFit to unlock your potential. Our program offers personalized guidance tailored to your unique needs, ensuring you feel supported every step of the way as you achieve your fitness goals.

- [Get your weekly newsletters started now](#)
- Discover your potential
- Start your fitness journey
- Join our community