

## Healthy Ways America, LLC

Life Coaching/Personal Training/First Aid Training

Barry H. Collier  
Owner/Founder  
Healthywaysamerica.com

Hallandale, FL  
Miami, FL  
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Barry H. Collier  
Owner/Founder

Working with you for a better balanced life

## Healthy Ways America, LLC

People who care about your physical,  
mental, and emotional health

Certified Wellness and Integrative Life Coach

Certified Personal Trainer and Self Defense

Certified Instructor of First Aid and CPR

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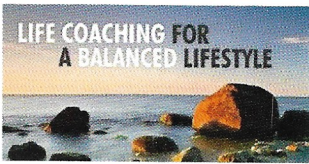
Hallandale Beach, Florida  
Miami, Florida  
Washington, D.C.



## About....

Healthy Ways America, LLC was developed from a life time of desire to serve others. A short time ago I decided to take "giving" to a higher level. I researched, studied and received my Life Coaching certification through the Integrative Wellness Academy, which teaches the value of balance in the four areas of life; spiritual, emotional, mental, and physical. My studies and certification in Neuro Linguistic Programming (NLP) was provided by the Empowerment Partnership. Primary focus is on achieving success by researching experts in areas of your interests and replicating their tried and true methods. Working through limiting beliefs and learning methods to manifest personal wealth are two examples of what can be provided.

I am an experienced health, wellness, and fitness trainer working with your inner core issues to enhance and maintain a higher degree of wellness. In addition to that I received certification through the FBI in defensive tactics. I received my Pilate certification from the Physical Mind Institute of New York.



I am proud to provide First Aid and CPR services to businesses, families and communities. Primary focus have been gyms, nursing homes, companies, private homes and schools. Healthy Ways America takes pride in offering competitive rates.

## Services....

Life Coaching - Complete wellness and integrative coaching services. Confidential and private designed to help you achieve your goals with a "do with" approach. You are fully supported with methods to constantly raise your personal standards and help you achieve success and be the best you can be.

Personal Training - Certified in individual and group classes of all ages. Also certified in Pilates and self defense using the art of Krav Maga. Particular emphasis is on female defensive tactics. Available for in-home, work place, schools, gyms or community centers.

First Aid and CPR with AED Certification - Trained instructor by the National Safety Council. Classes offered in your home, office, work space, gym, community centers. Class sizes range from 2 to 15 students. It only takes one to save a life.



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