

HEALTH

IS WEALTH

JANUARY '25



VOL. IX

WINTER GAINS, SUMMER GLORY

Prepping Your Beach
Body In The Off Season

GET S.M.A.R.T. ABOUT FITNESS

The Clever Way To Crush
Your Goals

STEADY WINS THE RACE

Mastering The Art &
Science Of Consistency

LIMITED EDITION

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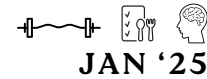
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Editor's Note

HEALTH IS WEALTH



JAN '25



Start S.M.A.R.T This Year...

As the New Year begins, it's the perfect time to reflect on your fitness journey and set new goals. But this year, let's ditch vague resolutions and embrace **S.M.A.R.T.** goals: Specific, Measurable, Achievable, Relevant, and Time-bound!

Start by **journaling** your goals, tracking workouts, nutrition, and progress along the way. Writing things down keeps you accountable and shows how far you've come. **Joining a fitness group or club** can also make a huge difference. Working out with others provides motivation, accountability, and a sense of community.

Don't forget that **nutrition** is the foundation of success. Small, sustainable changes, like prepping balanced meals or hydrating properly, will fuel your body and help you stay on track.

Most importantly, focus on **consistency**. Progress isn't about perfection; it's about showing up every day, even when it's tough.

This year, let's set goals that stick and make 2025 your strongest, healthiest year yet!



HAPPY
2025
NEW YEAR



Health Tips

Measure and Watch Your Weight

Keeping track of your body weight on a daily or weekly basis will help you see what you're losing and/or what you're gaining.



Limit Unhealthy Foods and Eat Healthy Meals

Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories.



Take Multivitamin Supplements

Many micronutrients are vital to your immune system, including vitamins A, B6, B12, C, D, and E, as well as zinc, iron, copper, selenium, and magnesium.



Reduce Sitting and Screen Time

Exercise can't immunize you from your sedentary time. Even people who exercise regularly could be at increased risk for diabetes and heart disease and stroke if they spend lots of time sitting behind computers. Practically speaking, you could consider taking breaks from sedentary time, such as walking around the office/room a couple of times in a day.



GET **S.M.A.R.T.** ABOUT FITNESS

THE CLEVER WAY TO CRUSH YOUR GOALS

Setting fitness goals is a powerful way to stay motivated and achieve the healthy lifestyle you desire. However, not all goals are created equal. To maximize your chances of success, it's essential to establish **S.M.A.R.T.** goals: *Specific*, *Measurable*, *Achievable*, *Relevant*, and *Time-bound* objectives that guide your fitness journey. Here's how to create and maintain them.

Specific

Your fitness goal should be clear and specific. Rather than saying, "I want to get fit," detail exactly what you want to achieve. For instance, "I want to run a 5K" or "I want to lose 10 pounds."

Why it works:

A specific goal gives you a clear direction and makes it easier to plan how to get there.





Measurable

A goal must be measurable to track your progress. Use numbers or milestones to define your goal.

Example:

If your goal is to lose weight, specify how much weight you want to lose and in what timeframe. Instead of “lose weight,” say, “lose 10 pounds in three months.”

Why it works:

Measuring your progress keeps you motivated as you see tangible results.

Achievable

While it's great to aim high, your goal should also be realistic. Consider your current fitness level, available resources, and lifestyle when setting your goal.

Example:

If you're new to running, aiming to complete a marathon in a month may not be achievable. Start with a 5K or a 10K.

Why it works:

Setting an achievable goal prevents discouragement and sets you up for success.





Relevant

Your goal should align with your broader fitness aspirations and lifestyle. Ensure it's something that matters to you.

Example:

If your overall goal is to improve cardiovascular health, setting a goal to run regularly or engage in aerobic exercises makes sense.

Why it works:

A relevant goal ensures your efforts contribute meaningfully to your larger fitness ambitions.

Time-bound

Every goal needs a deadline. Set a specific timeframe for when you want to achieve your goal.

Example:

"I want to lose 10 pounds in three months" or "I want to run a 5K in eight weeks."

Why it works:

A deadline creates a sense of urgency and helps prioritize your fitness routine.





MAINTAINING YOUR **S.M.A.R.T.** GOAL

BREAK IT DOWN

Divide your main goal into smaller, manageable milestones. For example, if your goal is to lose 10 pounds in three months, aim to lose around 3-4 pounds each month.

Track Progress: Keep a journal or use fitness apps to monitor your progress. This will help you stay accountable and make adjustments if necessary.

Stay Flexible: Life happens. If you encounter setbacks, adjust your goal but don't abandon it. The key is to keep moving forward.

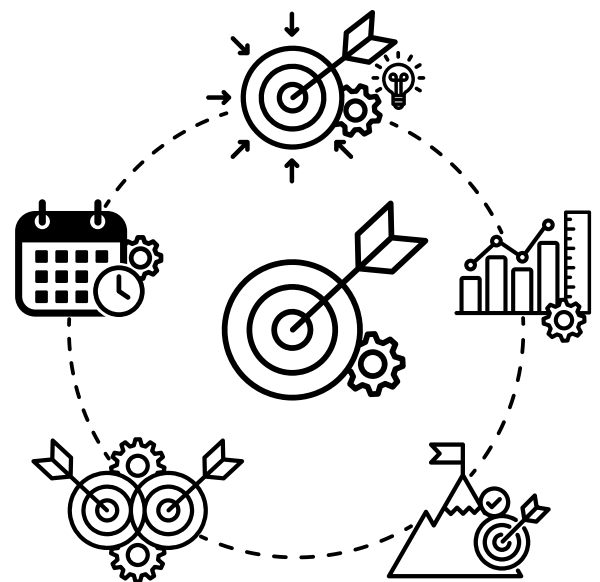


Celebrate Small Wins: Recognize and celebrate milestones. Each small victory boosts your motivation and keeps you committed.

Seek Support: Share your goals with friends, family, or a fitness community. Support and encouragement can make a big difference.

Review and Adjust: Regularly review your progress and make necessary adjustments to stay on track. If you've reached your goal, set a new one!

Setting a **S.M.A.R.T.** fitness goal is a practical approach to achieving your fitness aspirations. By ensuring your goals are Specific, Measurable, Achievable, Relevant, and Time-bound, you set yourself up for success. Remember, maintaining your goal is just as important as setting it. With dedication, tracking, and adaptability, you'll stay on the path to a healthier, fitter you.



STEADY WINS THE RACE:

MASTERING

THE ART AND SCIENCE OF

CONSISTENCY

When it comes to achieving long-term health and wellness, consistency is the cornerstone. While motivation can be fleeting, building sustainable habits in fitness, nutrition, and mental wellness creates a foundation for lasting success. But what exactly does it take to maintain consistency? Let's explore both the art and science behind staying dedicated to your health journey.

Showing Up is Half the Battle

Consistency in fitness doesn't mean perfection; it means making movement a non-negotiable part of your routine.

(Fitness) The Science

Regular exercise improves cardiovascular health, increases muscle strength, and enhances mood through the release of endorphins. Studies show that moderate, consistent activity yields better long-term results than sporadic intense workouts.

Tips for Consistency

• Schedule Your Workouts:

Treat your fitness sessions like important appointments. Choose times when you're least likely to be interrupted.

• Start Small:

Aim for 20-30 minutes, 3-4 times a week, then build from there. Consistency is more important than duration.

Mix It Up

Prevent boredom and overuse injuries by incorporating a variety of activities like strength training, yoga, or cycling.

Set Achievable Goals

Focus on process-oriented goals, such as completing three workouts a week, rather than outcome-based ones like losing 10 pounds.





Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		Calories from
Calories	250	% Daily
Total Fat 12g		
Saturated Fat 3g		
Trans Fat 3g		
Cholesterol 30mg		
Sodium 470mg		
Total Carbohydrate 31g		
Dietary Fiber 0g		
Sugars 5g		
Protein 5g		
Vitamin A		
Vitamin C		
Calcium		
Iron		

Sustainable Habits

Healthy eating isn't about short-term diets; it's about creating patterns you can stick with for life.

(NUTRITION) THE SCIENCE

Consistent healthy eating stabilizes blood sugar levels, supports a strong immune system, and provides the energy needed to fuel your workouts and daily activities. The key is balance not deprivation.

Tips for Consistency

- **Meal Prep and Plan:** Dedicate time each week to plan meals and prepare ingredients. This reduces reliance on unhealthy, last-minute options.
- **Follow the 80/20 Rule:** Aim for nutrient-dense, whole foods 80% of the time, while allowing space for indulgences. This prevents burnout.
- **Focus on Portion Control:** Consistency doesn't mean eating perfectly—it means practicing moderation.

Mindset is Everything!
Consistency in mental wellness practices lays the foundation for both physical health and emotional resilience.

(Mental Wellness) The Science

Mind-body practices such as mindfulness, meditation, and gratitude journaling reduce cortisol levels, improve focus, and foster a positive mindset. A healthy mind drives better decision-making in fitness and nutrition.

Tips for Consistency

- **Set a Daily Ritual:**

Begin or end your day with a mindfulness practice, even if it's just 5 minutes of deep breathing.

- **Prioritize Sleep:**

Sleep is the cornerstone of recovery and mental clarity. Aim for 7-9 hours a night.

- **Reflect on Your Why:**

Regularly remind yourself why you started your wellness journey to maintain focus and commitment.

- **Celebrate Small Wins:**

Acknowledge progress, no matter how small, to build momentum.

The Art: Finding Your Rhythm

While science provides the framework, the art lies in personalizing your approach. What works for one person might not work for another. Consistency is not about rigid routines but about finding sustainable strategies that fit your lifestyle.

How to Make It Personal

- **Identify Your Non-Negotiables:**

Choose a few key habits you can commit to daily, like drinking water or walking 10 minutes.

- **Be Kind to Yourself:**

Life happens, and missing a workout or indulging in a treat won't derail your progress. Focus on consistency over time, not day-to-day perfection.

- **Stay Flexible:**

Adjust your routines as needed to align with changes in your schedule, energy levels, or goals.

Consistency is a blend of discipline and self-compassion. By embracing a steady, long-term approach to fitness, nutrition, and mental wellness, you'll not only achieve your goals but also sustain them. Remember, progress is made one small step at a time. Show up for yourself, trust the process, and enjoy the journey. What steps will you take today to build consistency in your health and wellness?



“Start where you are.
Use what you have. Do
what you can.”
-Arthur Ashe

Mindset

The Benefits of Keeping a Fitness Journal

A fitness journal is a simple yet powerful tool that can help you stay on track with your health goals. By recording workouts, nutrition, and progress, you gain valuable insights into your fitness journey.

- 1. Tracks Progress** – Writing down workouts helps you see improvements over time, keeping you motivated.
- 2. Boosts Accountability** – A journal makes it easier to stay consistent and committed to your goals.
- 3. Identifies Patterns** – Noting how you feel after workouts can help you recognize what works best for your body.
- 4. Enhances Goal Setting** – Setting and tracking specific goals leads to better results.
- 5. Increases Motivation** – Seeing past achievements can inspire you to push further.

Check out our fitness blog @prospr9.com for more information on journaling. Start a fitness journal today and take control of your progress!

Collagen Supplementation

The Secret Weapon for Joint Health, Skin, and More

Collagen is the most abundant protein in the body, essential for healthy skin, joints, and overall wellness. Supplementing with collagen offers several key benefits:

- 1. Improves Skin Health** – Collagen supports skin elasticity and hydration, reducing wrinkles and promoting a youthful glow.
- 2. Strengthens Joints and Bones** – It helps maintain cartilage and bone density, reducing joint pain and stiffness.
- 3. Supports Hair and Nails** – Collagen boosts hair growth and strengthens brittle nails.
- 4. Aids Muscle Recovery** – It promotes muscle repair and recovery, making it beneficial for athletes.
- 5. Enhances Gut Health** – Collagen supports digestion and may help heal the gut lining.

Adding collagen to your routine can improve overall health from the inside out! Check out our fitness blog @prospr9.com for more information on collagen types and benefits.

Collagen Boost Smoothie

Ingredients:

- 1 scoop collagen powder
- 1 cup almond milk (or any milk of choice)
- ½ banana
- ½ cup frozen berries (blueberries, strawberries, or mixed)
- 1 tbsp almond butter (or peanut butter)
- ½ tsp cinnamon
- 1 tsp honey (optional)
- 3-4 ice cubes

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy!

Health is wealth, Consciousness is key...



Benefits of This Smoothie:

- **Supports Skin Health** – Collagen helps improve skin elasticity and hydration.
- **Boosts Joint & Bone Strength** – Reduces joint pain and supports bone density.
- **Aids Muscle Recovery** – Great post-workout drink for muscle repair.
- **Promotes Gut Health** – Collagen helps maintain a healthy gut lining.
- **Provides Energy & Nutrients** – Packed with protein, antioxidants, and healthy fats.

Enjoy this smoothie as a delicious way to boost your daily collagen intake!



WINTER GAINS

Summer Glory

Winter might seem like an odd time to think about your summer body, but it's actually the perfect season to start working towards your fitness goals. By using the colder months to build a solid foundation, you can set yourself up for success and make the most of your workouts by the time summer rolls around. Here's how to prep your summer body during the winter with a structured approach.

WHY WINTER IS THE PERFECT TIME TO START

Longer Preparation Time: Starting in winter gives you several months to gradually build muscle, lose fat, and improve overall fitness.

Fewer Distractions: The winter season often means fewer social commitments, making it easier to stick to a routine.

Build Healthy Habits: Winter provides an opportunity to establish consistent workout and nutrition habits that will carry you into the warmer months.

Step 1: Set Clear Goals

Before diving into any fitness regimen, it's crucial to set specific, achievable goals. These could be:

- Increasing muscle mass
- Losing body fat
- Improving cardiovascular fitness
- Enhancing overall strength

Write down your goals and break them into smaller milestones to track your progress throughout the winter.

FOCUS

Step 2: Focus on Strength Training

Winter is an excellent time to focus on building muscle, which requires strength training. Muscle growth not only improves your physique but also boosts your metabolism.

- **Plan:** Incorporate strength training exercises 3-4 times a week. Focus on compound movements like squats, deadlifts, bench presses, and rows, which work multiple muscle groups.
- **Progressive Overload:** Gradually increase the weight you lift to continuously challenge your muscles.
- **Recovery:** Ensure adequate rest between workouts to allow your muscles to recover and grow.





Step 3: Don't Neglect Cardio

While building muscle is essential, cardio should also be part of your winter workout plan to maintain heart health and burn calories.

- **Steady-State Cardio:** Engage in moderate-intensity cardio, such as jogging or cycling, 2-3 times a week.

High-Intensity Interval Training (HIIT):

Add 1-2 sessions of HIIT per week for maximum fat burning and cardiovascular benefits.

PAY ATTENTION TO NUTRITION

Step 4: Pay Attention to Nutrition

Your diet plays a crucial role in achieving your summer body goals. Winter is a great time to clean up your eating habits and focus on nutrient-dense foods.

- **Protein Intake:** Ensure you're consuming enough protein to support muscle repair and growth.

- **Healthy Fats:** Include healthy fats from sources like avocados, nuts, and olive oil to support overall health.

- **Complex Carbohydrates:** Fuel your workouts with complex carbs such as whole grains, fruits, and vegetables.



STAY HYDRATED

Step 5: Stay Hydrated

Even in winter, staying hydrated is essential. Water aids in digestion, nutrient absorption, and overall bodily functions. Aim to drink at least 8 glasses of water a day.

Step 6: Embrace the Cold

Don't let the cold weather deter you from staying active. Outdoor activities like hiking, skiing, or even brisk walking can keep your fitness routine exciting and engaging.

Step 7: Track Your Progress

Keeping track of your workouts, nutrition, and overall progress can help you stay motivated and make necessary adjustments. Use a fitness journal or an app to log your achievements and challenges.

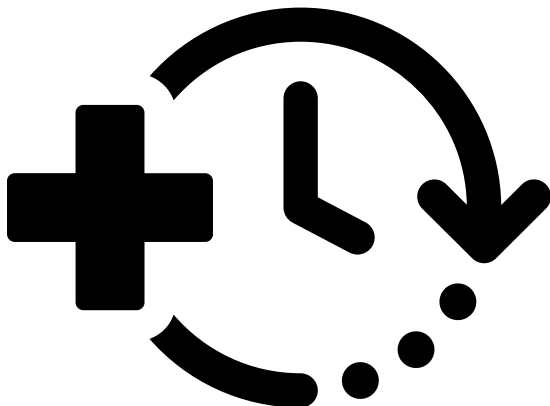


Rest and Recovery



Step 8: Rest and Recovery

Winter is the perfect time to focus on rest and recovery. Ensure you're getting enough sleep and taking days off when needed to prevent burnout and injuries.



Prepping your summer body in the winter requires dedication and consistency, but starting early gives you a significant advantage. By focusing on strength training, cardio, nutrition, and recovery, you can build a strong, lean physique that will have you ready to hit the beach with confidence. Use the winter months wisely, and come summer, you'll be glad you did!

A man in athletic wear is running on a gravel path under a clear blue sky. The words "GO RUN" are overlaid on the image in large, bold, sans-serif font. "GO" is white, and "RUN" is black.

GO RUN

QUICK FACTS...

Since 2020, 59.1 percent of active adults say that exercising outdoors, such as running, is one of the top ways they're staying fit, per Run Repeat's Fitness Trends report.

About 50 million Americans (or 15 percent of the U.S. population) participate in some form of running or jogging, according to a 2022 report from Statista Research Department.

⊕ PERFORMANCE SECTION

WHY RUNNING CLUBS ARE TAKING OVER: THE FITNESS COMMUNITY YOU NEED

Running is one of the most accessible and rewarding forms of exercise, but it doesn't have to be a solo activity. Enter running clubs—groups of like-minded individuals who come together to share their love for the sport. These clubs are growing in popularity across the globe, offering runners of all levels a supportive, motivating, and social environment to lace up their sneakers and hit the road or trail.





Whether you're a seasoned marathoner or just starting your running journey, joining a running club could be the game-changer you need. Let's explore the benefits, how to prepare for running success, and the key factors that make running clubs such an appealing fitness trend.

1. The Growing Popularity of Running Clubs

Running clubs aren't just about running—they're about community, accountability, and shared goals. As more people recognize the mental and physical benefits of running, clubs provide the structure and camaraderie to make fitness sustainable.

- **Social Connection:** Running clubs foster a sense of belonging, helping members bond over shared experiences and goals.
- **Accountability:** Scheduled group runs keep you committed, even on days when motivation is low.
- **Access to Expertise:** Many clubs offer coaching, training plans, and group workouts tailored to different fitness levels.

ACCOUNTABILITY



2. Proper Preparation for Beginning a Running Program

Starting a running program is exciting, but preparation is key to avoid injury and ensure long-term success.

- **Consult Your Doctor:** If you're new to running or have health concerns, get medical clearance before starting.
- **Start Slow:** Begin with a walk/run program, alternating between running and walking to build endurance gradually.
- **Set Realistic Goals:** Whether it's completing a 5K or running a mile without stopping, start with achievable milestones.
- **Warm-Up and Cool Down:** Incorporate dynamic stretches before runs and static stretches afterward to prevent injuries.

3. Essential Running Gear and Training Accessories

Investing in the right gear can make all the difference in your comfort and performance.

- **Running Shoes:** Visit a specialty store to find shoes suited to your foot type, gait, and running goals. Replace them every 300-500 miles.
- **Moisture-Wicking Apparel:** Opt for lightweight, breathable clothing to keep you comfortable during runs.
- **Safety Gear:** Reflective vests, lights, or armbands are essential for running in low-light conditions.
- **Accessories:** A good running watch, hydration belt, and headphones (if music motivates you) can enhance your experience.
- **Weather-Specific Gear:** Be prepared with a rain jacket, hat, or gloves depending on the season.

- @reallygreatsite

"Fueled by happy thoughts."

- @reallygreatsite

"It's okay to take a break."





4. Mental Health Benefits of Running and Running Clubs

Running is as beneficial for the mind as it is for the body, and being part of a running club amplifies these effects.

- **Stress Reduction:** Running releases endorphins, improving mood and reducing anxiety.
- **Improved Focus:** Regular running improves cognitive function and mental clarity.
- **Sense of Belonging:** The camaraderie in a running club can combat loneliness and foster friendships.
- **Boosted Confidence:** Achieving running goals, whether individually or as a group, builds self-esteem.

How to Join or Start a Running Club

Joining an existing club or starting your own is easier than you might think.

- **Finding a Club:** Search online for local running groups through platforms like Meetup, social media, or your local gym or running store. Many cities have clubs catering to various goals, from beginners to marathoners.
- **Starting a Club:**
 - Identify your target audience (e.g., beginners, trail runners, or speed enthusiasts).
 - Choose a regular meeting spot and time.
 - Use social media, community boards, or fitness apps to spread the word.
 - Plan inclusive runs with varying paces and distances to accommodate all levels.





Proper Traffic Safety Measures for Large Running Groups

Running as a group requires extra attention to safety, especially on busy streets or trails.

- **Plan Safe Routes:** Avoid high-traffic areas and choose well-lit, pedestrian-friendly routes.
- **Run Against Traffic:** On roads without sidewalks, run on the side facing oncoming traffic to stay visible.
- **Use Reflective Gear:** Ensure all runners wear reflective clothing or accessories during early morning or evening runs.
- **Follow Traffic Laws:** Obey pedestrian signals, use crosswalks, and avoid jaywalking.
- **Assign a Leader and Sweeper:** A leader sets the pace and guides the group, while a sweeper ensures no one gets left behind.
- **Communicate Clearly:** Use verbal cues or hand signals to alert the group of upcoming obstacles or turns.

The Big Picture: Why Running Clubs Are Here to Stay

Running clubs are more than just a fitness trend...they're a celebration of community, wellness, and the joy of movement. They make running approachable, enjoyable, and sustainable, offering benefits that extend far beyond the physical.

Whether you join an established group or create your own, running with others can push you to new limits, keep you accountable, and make every mile more meaningful. So grab your shoes, find your tribe, and start reaping the rewards of running with a purpose—and with a group.

Are you ready to run together? Find a club near you or take the lead and start your own. The road (or trail) is waiting!



FARTLEK RUN...



A FIVE MILE CHALLENGE

Fartlek (Swedish for “speed play”)

is a fun and effective way to build endurance, speed, and mental toughness. This 5-mile fartlek workout combines varied paces and intensities to keep your run dynamic and engaging.

Warm-Up (1 Mile)

- Easy jog for 5 minutes
- 3 x 20-second strides (fast but controlled sprints) with 40 seconds recovery jog
- Light dynamic stretching (leg swings, high knees, butt kicks)

Main Set (3 Miles - Fartlek Intervals)

Mile 1:

- 2 minutes at moderate pace
 - 1 minute surge (faster than 5K pace)
 - 2 minutes easy jog
 - 30-second sprint
 - 1-minute walk/jog recovery
- (Repeat this sequence until 1 mile is completed)

Mile 2:

- 1-minute hard effort
 - 1-minute jog
 - 2-minute steady-state pace (10K pace)
 - 30-second sprint
 - 1-minute walk/jog recovery
- (Repeat sequence until 1 mile is completed)

Mile 3:

- 3 minutes at a challenging tempo pace
 - 1-minute jog
 - 2 minutes surge
 - 30-second sprint
 - 1-minute easy jog
- (Repeat until 1 mile is completed)

Cool-Down (1 Mile)

- Easy jog for 5-7 minutes
- Static stretching focusing on quads, hamstrings, calves, and hips

Why This Challenge Works

- **Improves Speed & Endurance** – Alternating speeds trains both aerobic and anaerobic systems.
- **Enhances Mental Toughness** – Teaches you to push through discomfort at different intensities.
- **Mimics Race Conditions** – Helps you adapt to pace changes, just like in races.
- **Keeps Workouts Fun** – The mix of speeds prevents monotony and boosts motivation.

Try this fartlek challenge and push your limits!





PROSPR 9
MONTHLY E-NEWSLETTER
JAN. 2025

TRANSFORMATION IS A JOURNEY NOT A DESTINATION...

Persisting with fitness goals is crucial because consistency leads to long-term health benefits, including improved physical and mental well-being. Regular exercise enhances cardiovascular health, strengthens muscles, and boosts mood and energy levels. Staying committed helps build discipline and resilience, making it easier to overcome future challenges and maintain a healthy lifestyle.

Thank You



AS LONG
AS YOU'RE
BREATHING...
THERE WILL
BE UPS AND
DOWNS



HEALTH IS WEALTH, CONSCIOUSNESS IS
KEY... NEVER SETTLE, BET ON
YOURSELF, KEEP GOING...



A low-angle photograph of the Manhattan Bridge, showing its massive steel towers and suspension cables. The bridge spans between two brick buildings on either side. In the background, the New York City skyline is visible, including the Empire State Building. The sky is overcast.

Keep Going!...

 **Prospr⁹**
WELLNESS. FITNESS. PERFORMANCE.



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order
now!



Prospr 9 Running Club

ESTD. 2025



We just felt like runnnin....

Brooklyn, NY

www.prospr9.com

Prospr⁹

WELLNESS. FITNESS. PERFORMANCE.

**PLACE YOUR
HEALTH FIRST!**



OUR HISTORY

EST in 2020 during the height of the pandemic, we began to offer virtual training and science-based fitness programming both online and in-person



OUR VISION

promoting the synchronization of mindfulness and fitness, scientific personalized approach.
Implementation of unconventional methods to challenge the mind and body.



OUR MISSION

is to educate clients on the proper training principles and nutritional fundamentals needed to ensure: accuracy, timeliness, and safety while in the pursuit of goal accomplishment.



**HEALTH IS WEALTH,
CONSCIOUSNESS IS KEY...**

ABOUT US

At Prospr 9, our training philosophy is centered around the principles of:

Performance, Recovery, Observation, Staying Prepared, and then Repeating the cycle of proven success for continued mental & physical development!



WHY CHOOSE US?

Experience and applied knowledge. Results that will lead to gains inside and outside the gym. Classroom, boardroom, and anywhere in between. Learn as you grow. The gym can be intimidating when you have no idea where to start. We are here to help you place your health first!



Wellness

Mental health, Nutrition, Goal planning



Fitness

Assessments, science-based personalized approach



Performance

Mindfulness, development of mental fortitude, goal-setting, self-development



www.prospr9.com



NYC. MIA. DAL. LOS