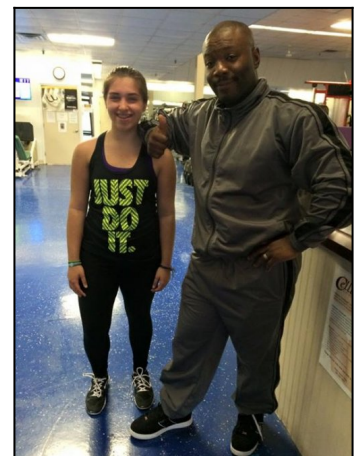


Body Works Fitness Center – the South Coast's number one all-women fitness, health and nutrition center

Are you a woman who wants to live an active lifestyle, but don't like the co-op gym atmosphere? While, most guys are not creepy, it only takes that one creep to make membership at a fitness center an awkward or uncomfortable one. You want to wear what's comfortable and often gym gear is light and minimal – without someone gawking or undressing you with their eyes. If you put on some weight after a pregnancy and not happy with your appearance, you don't want to be placed under a microscope.

Going beyond that, even removing the concern of that rare creep, you want a quality fitness center, one that caters to common female goals and objectives. One that specializes in the lifestyle, understands and sympathizes with women's health and fitness needs and has a number of classes and programs that are what most women prefer.



*Arnold Noël's
Body Works
Fitness Center is*

*an all-women
facility where
nutrition,
exercise, health,
fitness,
nutrition and
inspiration
combine.*

Body Work Fitness Center on King's Highway offers all these services and more. They are the quintessential women's fitness center, offering a variety of classes, professional instruction, in a friendly environment. Owner and C.E.O. Arnold Noël found his inspiration for starting an all-women fitness center after working as a therapist at Taunton hospital and seeing patients undergo serious depression after weight gain. Most of those who were undergoing therapy were women.

It wasn't uncommon for the weight gain to be a slippery slope and transform into obesity or even drug or alcohol abuse. Depression and weight fluctuations go hand in hand and often feed one another. Looking to drug or alcohol is a temporary fix, with long term effects. Arnold saw the effects of this first-hand and it motivated him to write a book called Mindset Bodywork, published in 2005, and which can be purchased from Amazon. This book and its response inspired him to open the Body Works Fitness Center.

Arnold is more than qualified for such an endeavor, holding a Master's Degree in Psychology and finishing his doctorate in Law at Boston University. He currently holds the title of Master Trainer, holds a myriad of certificates – some from the American College of Sports Medicine – multiple Black Belts and Sashes in Judo, Aikido, and Kung-Fu. In addition to an amateur career as a kickboxer, he is certified to teach Pilates, Thai Yoga, and as a nutrition coach. His nutrition program was

further developed by a software company and has had stellar success treating or alleviating symptoms of major illnesses like diabetes, high cholesterol, hypertension, cancer and many others.

Of course, Noël isn't alone. He has equally passionate people staffed at the center. One of those, Dr. Peggy W. Fellouris runs the facility. Before coming to Body Work Fitness, had a successful career as a Therapist and wrote three bestselling books, "3 Boys and a Boat." "Dancing in the Rain." and "The Man in the Black Cashmere Coat."



A heated pool means year-round swimming exercise and aqua-based classes.

They have both cherry-picked a staff of knowledgeable, friendly individuals. Every person that works at the facility is the cream of the crop in terms of personal training, nutrition, and professionalism. Their diversity allows for a like-minded variety of courses, e.g. cross training, CrossFit, metabolic testing, supplements, boot camps, Synergy, Curving Diva, counseling, facials, massage, personal training, group exercise, group pool, kickboxing, MMA, aqua exercise, Pilates, Zumba and more.

All these programs and services make Body Works Fitness one of the premier facilities on the South Coast having something for everyone. No need to have two or three memberships as different locations to meet your health and/or fitness needs –

it's all right there under one roof at Body Works Fitness. The programs and services can even be had under your "roof" since everyone gets the Body Works app FREE whether on the Apple store or Android Marketplace. Here is the link to the Android Body Works App.

This means if need to adjust your diet, lose a little or a lot of weight, challenge yourself physically and mentally, you will find a home and the app means that Body Works programs are accessible 24 hours a day – your needs don't depend on a fitness centers hours of operations!

One of the rather fascinating services that Body Works offers is for those who have stubborn fat. Are you one of those that can't lose weight in spite of a strict diet and exercise regimen? When you join Body Works they utilize DNA test to see if there is a biological reason for this stubbornness. Knowing the reason means they can effectively isolate why you are not losing the weight and help you focus on your goals and objectives more efficiently.

Weight loss is an area that Arnold finds particularly rewarding. "Being able to aid another human and help them better their life is pretty powerful. Helping people change their negative lifestyles is incredibly satisfying and something I find very rewarding." explained Arnold. "I will help you rise to your weight loss challenge and get you starting to enjoy the new you. A new beginning starts first in your mind. Mindset is the key for your body to work, and we can help you get the body you desire."



Body Works understands

*that every body is
different and
customizes all the
diet, nutrition, and
exercises programs.*

He further explained that without motivation many people fail. He feels that having life coaching as an aspect of a health & fitness program as a way to inspire and motivate, is an integral aspect of any exercise program. He feels this is far more effective than simply signing up for a gym. How many people do you know -perhaps you've done this yourself- that got a membership at a gym, but only went a few times and still paying? This is because signing up isn't enough – you need inspiration and motivation. In fact, you need to start with it.

Once you are fired up, you can access the knowledge base at Body Work, attack a variety of classes until you find the one or the combination of ones that you like. With their help, you will have a cutting-edge fitness plan designed just for you.

If group class is not your thing, or you have a tight schedule, you'll want to meet one of Body Works' trainers who will let you access all the programs and services on YOUR schedule. They will, of course, design a personalized workout plan, and push you. Whether you are part of group or personal fitness programs, you get the same attention.

Want to know more beyond the classes and staff? Body Works Fitness has a heated pool, sauna, full exercise room, Nautilus machines, Celluderm, and free weights.

Having an all-women facility means you work out in a place without feeling ogled, allowing you to stay focused on your goals and objectives. Money an issue? Worried about the cost of a Body Works membership? All of Body Works services and programs are very affordable, and they even offer some great

package deals where you can enjoy some substantial savings.

Body Works has a complete schedule that can be accessed online here. The website is incredibly informative and kept up to date, but the best way to see what Body Works offers is to check the facility out. Stop in, tour the facility, meet the staff, maybe even bump into Arnold. Need a little extra incentive? Right now Body Works is offerins a special: purchase the metabolism test and a 12 week nutrition plan and receive a 6 month membership FREE. That would also make a GREAT gift!

If you do decide to become a member of Body Works, we would love to see your progress. Take some before pictures so we can see how effective Body Works is!

Body Works Fitness Center

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New Bedford, Massachusetts

Phone: (508) 901-9211

EMail:

Mon-Fri: 5:00am-9:00pm

Sat & Sun: 8:00am-5:00pm

Facebook: facebook.com/bodyworkswomenscenter

Website: bodyworkswomenscenter.com/

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