



# COMPREHENSIVE FITNESS

# RELENTLESS

BUILD SUSTAINABLE CAPACITY FOR REAL LIFE.



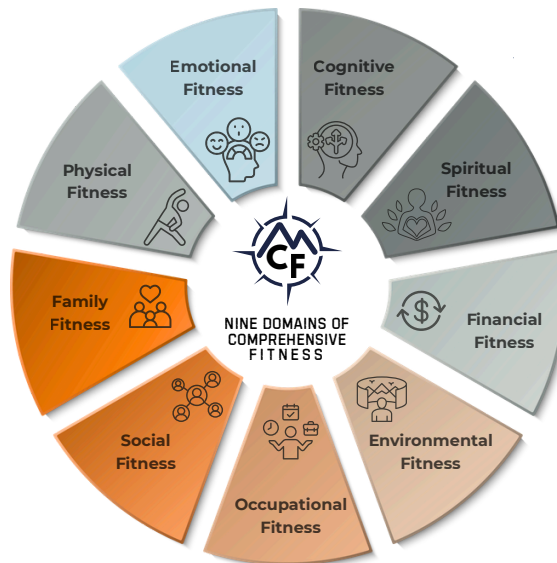
## Is this You?

You are juggling work, family, leadership, finances, and constant demands.

You want to excel, but you often feel stretched thin and running on empty.

You're not looking for another motivational speech. You need practical strategies that actually fit your life.

### COMPREHENSIVE FITNESS



### PARTICIPANTS WILL LEARN TO

- **Build sustainable capacity** and a R.A.N.G.E. of Resilience.
- **Strengthen the core 4** foundational domains.
- Create **habits and systems** that actually work.
- **Manage stress** without sacrificing performance.
- Lead yourself and others with **greater clarity and purpose.**

### KEY OUTCOME

Build the habits, systems, and resilience to perform at your best without burning out, so you can be fit for function and ready for life.

### WHO SHOULD ATTEND

Leaders, teams, and individuals in any industry who want to perform at a higher level and build sustainable performance across every domain of life.

### TRAINING FORMAT

**Method:** Facilitator-led instruction that models best practices through practical exercises, collaborative learning, coaching, and interactive discussions.

**Length:** 4 Hours  
(Also available in shorter formats)

### ABOUT JOE WILLIS

A retired Army First Sergeant, NASM Certified Personal Trainer, and leadership coach with an MEd in Corporate Wellness. He helps individuals and teams become more fit for function and ready for life.



*"You can't control how much life demands of you. You can control how intentionally you prepare for it."*

### LET'S CONNECT!

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