

# Ashley PEELER



## ASHLEY PEELER

### WELLNESS COACH

Dedicated and energetic wellness coach with 7+ years' extensive experience in health and nutrition. Passionate about educating others on how to live healthy lifestyles and increase their overall wellness by way of nutrition, mindfulness, exercise and prevention.

## MAIN FOCUS

- **One-on-One Consulting** - To keep you out of the doctor's office and feeling the way you should!
- **Lunch and Learns (The Artful Detox Seminars)** - Give your employees the tools to stay healthier, minimize absenteeism, reduce insurance rates & increase productivity!
- **Corporate Wellness Programs** - Customized programs created to meet the specific needs of your company & team. Results driven, mindful programs from 3 to 300 employees!
- **Pre/Post Natal and Corrective**



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(704) 408 - 0784

## SPECIALTIES

- Wellness Coach
- Post Natal
- Workplace Wellness
- One-on-One Coaching
- Wellness Seminars
- Mindfulness
- Nutrition
- Exercise
- Prevention
- Toxicity Expert

## FEATURES

- Ahana High Tide Yoga Festival -Miami Design District
- Urbanism Summit
- Pecha Kucha
- Tasting & Living
- Voyage Mia
- Miami New Times
- Elephant Journal

## TESTIMONIALS

*"Ashley Peeler is a very knowledgeable fitness professional She has an excellent command of the latest and most effective training techniques as well as an understanding of proper lifestyle nutrition. I highly recommend her."*  
- Mindy Solomon

*I've worked out regularly since I was twelve years old. I've done everything: aerobics, cross training, pilates, yoga, and barre, but I have never seen the results as quickly as I saw them after working out with Ashley. After just a few months, I felt leaner and stronger. My clothes fit me better, and more importantly, I feel better! Ashley's energy and enthusiasm is infectious; she makes me want to work hard."*  
-Marisol Sardina

*"Ashley is a consummate professional. A few years ago she led classes for faculty and staff at Miami County Day School. She created a program to suit our needs. It varied between upper and lower body strength training and more metabolic cardio training. Her personal style is both firm yet encouraging. She can help you with all of your fitness and dietary goals. I happily recommend her for one on one, group, and corporate wellness initiatives. A+++"*  
-Russell Mofsky