



*ingredients to live*

I want to first thank you for taking the first step in improving your health and welcome you to Fuel For Life. At Fuel For Life, our goal is to coach you towards a better way of life ... mind, body, health, and fitness and help you find your *ingredients to live*.

Fuel For Life, LLC is owned by Lauren Simms, Master Nutrition Therapist and Personal Trainer. Lauren cares about your overall wellness and is committed to helping you achieve lifestyle change.

At Fuel For Life, we believe that taking care of your mind and body and maintaining good health is a must, which is why we are dedicated to assisting you in your desire for optimal wellness.

The more you understand what it means to be healthy; the more enhanced lifestyle you will endure. It is as simple as that.

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Lauren's career goal is to combine her knowledge of nutrition, fitness, health, and psychology to help you make positive behavior and lifestyle changes, such as increasing energy, losing weight, exercising more, stopping smoking, sleeping better, and overall improving quality of life.

We wish you the best of luck through this transitional period. Fuel For Life is here to assist you in any way that we can.

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