In the green ciricle:

Reach your Potential with

NEUROFUNCTIONAL FITNESS ™

Headline:

MOVE BETTER. FEEL BETTER. FUNCTION BETTER.

Take your health and performance to the next level.

First green box: NeuroFunctional Fitness Training ( not the logo) – Just text

Text Bellow: At Function Better Fitness, we take a unique, individualized, total body, function based approach to human movement. We start be addressing problems that lead to pain, injury and decreased performance:

Postural Issues

Weak Core Strength

Dysfunctional Movement Patterns

Muscle Imbalances

Tight Fascia

Balance / Stability

Joint Immobility

Neurological Timing Problems

Previous Injuries

Nutritional Inefficiencies

Sleep Problems

Toxicity

Chronic Stress

Inflammation

Second Green Box: What you can expect:

**Higher Energy Levels** from Efficient Core Strength and Function

**Enhanced Movement Capabilities** to decrease injury risk

**Reduced pain** from ongoing dysfunctional movement patterns

**Increased Joint Mobility** for Athletic Performance and Life

**Vast improvement** in strength, stamina, power and flexibility

**Fat Burning** though targeted High Intensity Intervals (depending on goals)

**Improved Health** through Holistic Nutritional Guidance

**Faster Recovery** though Hands on, Myofascial Release Therapy

**Better Brain Health** through the Principles of Neuroplasticity

On the left: About us

At Function Better Fitness, we take a functional approach to fitness and performance based on enhancing human movement, not just appearance. We are the developers of the NeuroFunctional ™ Fitness approach, a revolutionary system of fitness and movement that utilizes total body training and enhances the nervous system. Most people don’t know how good they could feel from moving how they were designed to move. Come and experience freedom from pain, limitations and restrictions and take your body and your life to the next level!

Below that on the left: Who’s it for?

We design custom programs for people of all ages and fitness levels, including:

ATHLETES | YOGIS | PILATES | ELDERLY | FIRST TIME EXERCISERS |GYM RATS | BRO’s| SEDENTARY | YOUTH | OVERWEIGHT | RUNNERS | CROSSFITTERS | PRE & POST SURGERY | POST-PHYSICAL THERAPY

Contact us

That looks good. Just put – call or text 559-892-5608

Somewhere at the bottom put: Text “FUNCTION”

To 313131 for Your Free video: 8 hidden Functional Movement Problems that May be hurting your health, fitness and performance