



take your business intentions add powerful ingredients

intention clarity engage energy
 capacity diversity alignment
 action potential efficiency strength
 awareness skill power

i m p a c t



Isn't it time you stopped ignoring yourself? Reconnect with what it feels like to have youthful energy, a clear mind, manageable stress and a pain free body!

experience vitality - embody performance

As a certified Personal Trainer, Physical Rehabilitation expert, Nutrition consultant, Therapeutic Massage practitioner, Cognitive Fitness expert AND NeuroLeadership coach, Steve Morris can apply a powerful array of wellness philosophies and expertise to ensure his clients have the energy, capacity, focus and flexibility necessary to stay on top of their game physically and mentally.

Steve's health and fitness expertise can alleviate stress, rehabilitate chronic injury and create a manageable exercise and nutrition plan that encourages vitality. He can assist with weight loss and improve physical presence and strength, as well as provide the awareness and training necessary to keep the mind sharp, creative and capable.