

Programs custom
designed to fit you.

Just for Women

Sports Movement

Post Rehab &
Injury Prevention

Movement
Correction

Beginner Programs

Senior & Executive
Fitness

After Baby



*“I believe in building an
exercise program to fit you vs. trying
to fit you into an exercise program.
Exercise should never be scary.
It should be fun and available
to everyone.”*



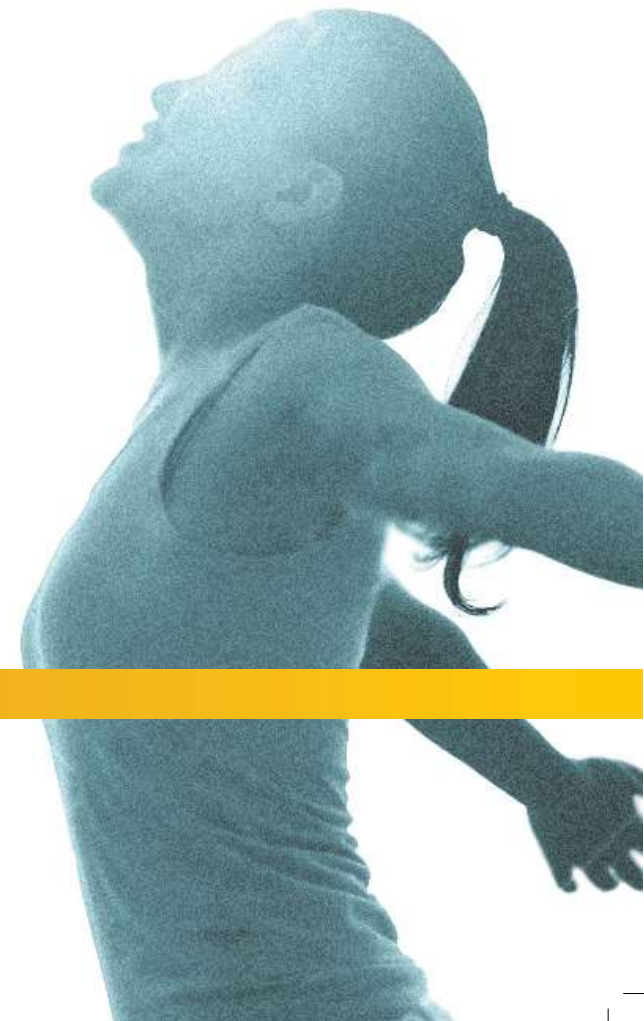
**Godelieve Babey, President
Functional Movement Specialist
ASCM-CPT / CIFT, FAFS, CAFS, 3D MAPS**

2 Clerico Lane, Bldg 2 Ste 212
Hillsborough, NJ 08844
(908) 336-1177

beFITanywhere^{LLC}

Fitness And Functional
Movement Training

(908) 336-1177



For an initial consultation call
(908) 336-1177

Info@befitanywhere.com
beFITanywhere.com

WHAT IS YOUR **FIT**?

Function

When your body is functioning properly everything seems to be in harmony. Moving forward, backward, sideways, up, down and rotating is how we are designed to perform. Our goal is to design a fitness movement program for you to achieve your goal.



Inspiration

Your inspiration is what drives you. Losing weight, starting a fitness program, bettering your golf swing, or just coming out of physical therapy and need a transition program. We take the time to learn about you and what drives you. We become your partner through your fitness and movement journey.



Build **S**trength



Improve Your **C**ore



Transformation

Reaching your goal! You see the improvement in your golf swing, You can get up and down off the floor with ease. You lost a few inches. You ran your first mile. We work with you to celebrate that goal and everything that comes with it. The harmony of function, the smiles of success and the lift in spirit we all look for in your success!

