

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.”*



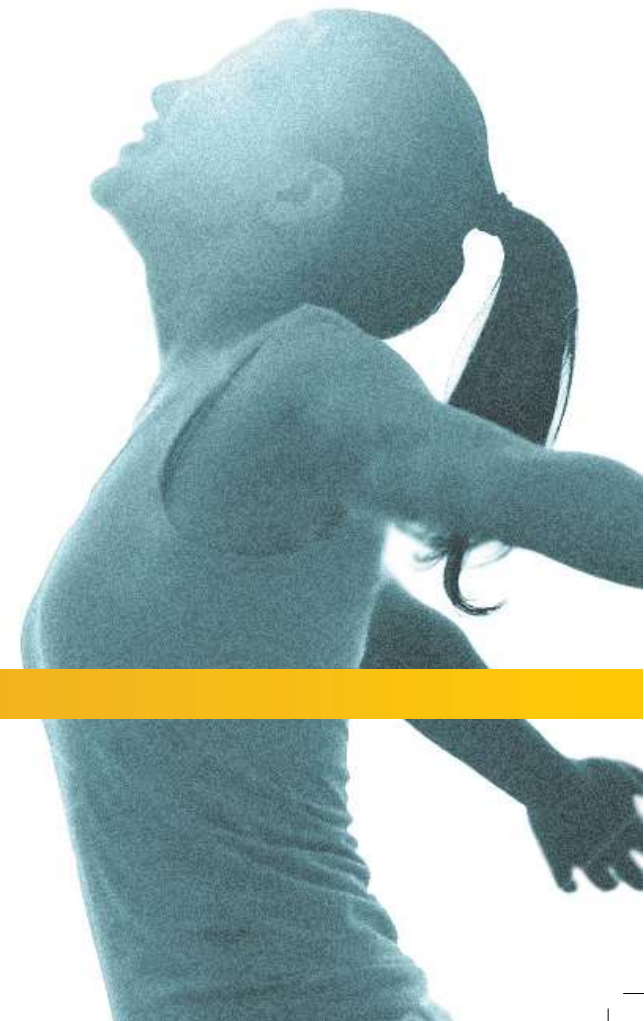
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**beFITanywhere<sup>LLC</sup>**

Fitness And Functional  
Movement Training

**(908) 336-1177**



For an initial consultation call  
**(908) 336-1177**

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# WHAT IS YOUR **FIT**?

## **F**unction

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.



## Build **S**trength



## **I**nspiration

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.



## Improve Your **C**ore



## **T**ransformation

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!