

Laura has been a Specialized Personal Trainer since 1987. Her clients include a broad span from gym members wanting to learn equipment to Professional World Tour Bodybuilders. With men, women, and children, Laura has a proven and strong base of experience.

Whatever your fitness goals may be she is willing to help you create an effective and rewarding regimen.

All Programs are Custom Designed:

- **Resistance Training, all Levels**
- **Toning and Shaping Routines**
- **Cardiovascular Conditioning**
- **Weight Management/Loss**
- **Self-esteem and Body Image for Women and Teens**
- **Personal Best Goal Setting**
- **Stress Management through Exercise and Nutrition**
- **Cross Training, all Sports**
- **Specialty Designs for Post Injury and Injury Prevention**
- **Nutritional Coaching**

**Now Accepting
New Clients!**

**Call for an appointment,
local and long distance**

603-659-2288

PHOTOS AND TESTIMONIALS



Pearla: "Laura has helped me in every aspect of my life. From technique and training, diet and proper nutrition, show preparation, handling the stresses of life and time management while training and getting prepared for a show. I feel very fortunate to be trained by her."



Tammy: "For the past two years I have had the pleasure of having Laura Tourtellot as my trainer and coach in the sport of bodybuilding. Her knowledge, guidance, program training design, and nutrition is directly responsible for elevating my success and growth in the sport. What makes Laura so special and invaluable is her passion, integrity and sincere desire to help her clients achieve their goals."



David: "I have been competing since 2004 and Laura has tremendously helped me accomplish my personal goals as a competitive bodybuilder, including a three-peat NGA PRO UNIVERSE overall title. Working with Laura has been a wonderful experience. She has helped me improve my overall health, in strength, endurance, muscle tone and outlook. She taught me that with proper nutrition, I am capable of defining my body to perfection. Thank you Laura, you are the best."

THE ART OF PHYSIQUE

Professional Masters Level
Personal Training and
Competition Preparation
with
Laura J Tourtellot, MS
aka "Ms. Turtle"

Serving clients
Regionally and Nationally Since 1987
with quality care, custom designs,
specialized programs and
measurable results.



L.J. Turtle
Promotions

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Newmarket, NH 03857

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Accredited NGA Pro Master Personal Trainer and in Nutrition Counseling

Contest Preparation Specialist

On-Going CEU's: IDEA,CPR, First Aid, Stretching, Cross training

NGA New England Chairwoman Since 2003



Promoter: NGA Granite State Open Bodybuilding and Figure Championships Since 1991

GRANITE STATE OPEN



National Head Judge, Pro Judge and Official for multiple sanctions: NGA, AAU, NPC, ANBC, Musclemania, OCB, IFPA, BLNPA, APL, WNBF, INBF and more

OCB Hall of Fame Board of Directors

Ethics and Promotions Committees for International Physique and Power Sports Organizations, Published regularly in health related columns and websites

Drawing from experiences in Jazz Dance, Go Jo Rue Karate, Yoga, MBSR, Cross training in Hiking, Bicycling, Swimming, Skiing

Individual Personal Training offers many rewards. We will meet to review your health history, fitness levels and design a specific program suited to your skills.

- Hands on workouts in a fitness facility or at home gym are recommended.
- Studio sessions are available for lighter workouts and conditioning programs.
- On line support to monitor and regimen your program periodically is available as needed. You are encouraged to keep in touch.
- Small group and family programs can be created for team support.
- We will incorporate BMR and baseline assessments, body composition and lean mass values toward overall improvements, muscular development and physical change.
- Behavior and activity modification for smoking cessation, overeaters and at risk individuals is included.
- Women to women training, addressing life's physical changes.

**Better Fitness
and
Wellbeing
is just a Conscious
Commitment Away!**

Expert Competition Preparation: Comprehensive diet, nutrition, training programs, cardio, choreography, polish, stage presence and posing. Extensive custom coaching to help you be your best on stage.



before



after

- One on one intense lifestyle coaching
- Individual and small group posing sessions for any show: Bodybuilding, Figure and Bikini
- Studio training: stretching, balance, yoga, Meditations, focus, clarity
- Off season program designs for athletes in transition
- Personal Best Sessions: break the barriers that have held you back: diet, nutrition, getting stale, and motivation

ALL PLANS AND RATES ARE PRORATED TO LOCATION AND FREQUENCY

Your Appointment is set:

Date: _____

Time: _____

Location: _____

24 Hour Rescheduling notice is required, flat fee will apply for short notice cancellations.