

Fit & Fabulous Group Training

Whether your goal is to become healthier, learn how to defend yourself or train with your family, A Better Body has a variety of programs for everyone.

Positive Programs include:

- *4Me Community Training Program
Featuring Walking, Biking, Kayaking, Karate, and Fitness Groups
- * Anti-Bullying Classes
- *Personal Fitness Training
- *Fit & Fabulous Group Training
- *Victors Not Victims Personal Safety
- *Kickboxing & Conditioning Classes
- *Training for Children with Obesity
- *After School Training
- *UPKUDO Karate & Fitness
- * Personal Development
- *Next Step (Fitness, Personal Safety and Life Coaching Sessions)
- *Flexibility & Strength Training
- *All Stars Karate and Fitness
- * Active Aging for Seniors

Our Life Coach, Personal Trainers and Group Fitness instructors are certified in senior, youth and adult fitness, martial arts, sports nutrition, and pilates. Together with our "Partners In Fitness", Local Businesses, State and County Governments we can create a healthier and safer community.

To view upcoming events go to

<https://www.facebook.com/Masteranneradke>

Anne Radke, Executive Director

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A Better Body.US is a public charity exempt from federal tax under the 501(c)(3) qualified to receive tax deductible bequests, devises, transfers or gifts. Mail in your donation or go to www.abetterbody.us or www.findlearngive.org to make your donation.



Youth Fitness

Professional Educators, Trainers & Life Coaches in the 4ME Program For Cycling, Karate, Kayaking, Fitness Challenges & Walking Groups



Anti-Bullying



Active Aging



Personal Safety



Kickboxing & Conditioning



After School Class Training



**501 (c) (3)
Public Charity
Non Profit
Organization**

A Better Body

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Health & Safety Training

**Building Stronger
Minds & Bodies
for a Healthier
and Safer Community
Through Love,
Quality Training
& Positive Programs**

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