



Courtney Rowsell

Food and Fitness Coach

A.K.A. **The Fitchic**

Who Is COURTNEY ROWSELL?

Courtney Rowsell is a FAME Pro Athlete and World Level Figure Competitor. Her empowering journey to the competition stage has motivated and inspired hundreds.

A well-regarded expert in the field of nutrition, fitness, and wellness, Courtney is the creator of The FitChic. Her mission is to empower people to become fit for life... to challenge and motivate them to become the person they once thought they never could be.

Believing everyone deserves to increase the quality of their lives, her Food & Fitness seminars provide a wealth of simple, unique, time-saving strategies to get you eating right for optimal health and on the path to sculpting your best physique for maximum life performance.

Contact Courtney today. She is always there to listen, motivate, and inspire!

Courtney helps...

- Dispel diet myths, and teaches how to choose the right foods for smart physical and mental nutrition.
- FIT healthy eating, and exercise, into both personal and professional lives, using savvy time-saving strategies.
- Boost physical health; reduce illness, and sick time with her wealth of health tips, energy-packed meal ideas, and exercise programs for busy schedules

"A dynamic and high energy speaker who really knows what it takes to get fit and healthy" - Community Centre Alliance

Ask yourself...

- Are you frustrated about your weight?
- Is your health preventing you from living your best life?
- Are you exhausted? Do you long for more energy?
- Does your busy life prevent you from eating healthy?
- Do you feel like you never have time to exercise?
- Is it time for a change?
- Are any of these questions applicable to you, your employees, team or organization?
- Would practical health and wellness tools improve workplace productivity?



"Courtney's passion and energy for her cliental and work is contagious." - Ryan Morgan, MotoCross Athlete

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