

*Your health- &  
trainingspartner*

SO · ACTIVE





## SO-FIT

We are your competent and reliable partner in the area of personal training, nutrition coaching, work-life balance, group fitness & outdoor training and offer you a wide range of services for individuals as well as for companies.

For years, we have been conducting individual and group consultations and taking time for you and your wishes. We will show you new possibilities and look forward to meeting your individual goals.

Also, we are your real contact when it comes to sporting supporting programs at seminars, events & trainings!

Due to the long-term experience of our trainers and close customer contact, we know what is important and have set ourselves the goal of satisfying every customer requirement to their fullest satisfaction.



# SO-FIT ACTIVITIES

## SO ACTIVE - PERSONAL TRAINING

For each of our customers, we develop an individual training program. Components include endurance, strength, agility and coordination. Together with you, we train - where you want: in fitness rooms, in the hotel room, at your home or in nature - until you have reached your goal.

The goal is not only to increase your wellbeing, but also to work on your health. Because overweight and lack of exercise often lead to illness and chronic health problems. The right diet also contributes to health. How long have you been doing your workouts before, even though you've been trying to put on the running shoes? Just like you are doing too many: the motivation to work out after a strenuous working day is missing. At such moments, we step into the field, accompany and motivate you.

All these offers are also offered to companies who would like to contribute to the health and performance of their employees.

### Procedure:

- Anamnesis from an overall health perspective
- Creation of a training plan with nutrition tips
- Focus on your goal
- Implementation of the training plan & control Objective





## SO SPORTY - GROUPTFITNESS

In our groupfitness hours you will experience a full body training: Bodywork, Backfitting, Deep work, High intensity, Fatburning and Aerobic lessons are offered!

You can either visit groupfitness hours of So-Fit (according to the timetable: [www.so-fit.at](http://www.so-fit.at)) or book a groupfitness session for your friends.



## SO HEALTHY - NUTRITIONAL COACHING

The right diet plays a crucial role for your health and effective training. To change eating habits in the long term, you must first know them. So we do not talk about weight and do not count calories.

Much more are devoted to the unconscious aspects of your eating habits: When, why, how much, where and how you eat.



Through your self-awareness, you will learn to listen to your body, change beliefs, and feel the feeling of hunger & saturation better again. Nutritional tips and shopping advice are available for everyday use. Soon you will find that you have more energy, both physically and mentally. In addition, you can achieve and maintain your ideal weight, support your immune system and be significantly more balanced.



## SO FRESH - OUTDOORTRAINING, KITESURFING, STAND UP PADDLING, SKIING

You like to move around in nature?

Our trainers and partners are professionals in outdoor sports.

Discover new trends such as kite surfing or stand up paddling on the Neusiedlers- & Traunsee (Austria's windiest lakes), or improve your skiing skills in the mountains.

## SO STRONG - HEALTH PROMOTION IN COMPANIES

Do you want to promote the workability of your employees and increase the productivity of your company?

So-Fit helps to make your team healthier and more powerful!

There are several ways to make your employees healthier:

- Personal coaching for employees
- Groupfitness units for employees
- Seminars on nutrition, sports, relaxation
- Team excursions with a sporting supporting program
- Outdoorfun (kitesurfing, stand up paddling, skiing,...)

Partner of So-Fit: [www.skischule-oberlech.at](http://www.skischule-oberlech.at)  
[www.hangon-kiteboarding.com](http://www.hangon-kiteboarding.com)



# WINTER PRICELIST TRAINING SO-FIT

Please be aware that trainings in the winter are available from 17:00–21:00 every day!

	VIP PACKAGE	REGULAR PACKAGE
Duration	2 hours	1 hour
Analysis Training	Yes	No
Nutritional Analysis	Yes	No
Bia Measurement	Yes	No
Training Plan & Nutrition Tipps	Yes	No
Training (1 Hour)	Yes	No
Rates*	€ 250	€ 110

Blocks (Personaltraining)	3 hours	5 hours	7 hours
Rates	€ 299	€ 467	€ 629

\* Rates are valid for one person, including tax, excluding room rental.  
Other rates for group & companies are on request ([office@so-fit.at](mailto:office@so-fit.at))

# YOUR SO-FIT TRAINER

**Sonja Reiter** Leisure educator (study of leisure education/KPH WIEN)  
Licensed Personal & Health Trainer  
Groupfitnessinstructor  
Aqua Fitness trainer  
VDWS Kitesurfinstructor  
Licensed Ski instructor

**EXPERIENCE** Active 7 years as a trainer  
Coach of the BTV Jugendtenniskadar  
Trainers in various fitness studios and sports facilities  
Fitness trainer in various companies  
Skiinstructor (Skischule Oberlech)  
VDWS Kitesurfinstructor in different schools around the world  
Owner of So-Fit

**LANGUAGES** German & English

**PHILOSOPHY  
OF MY LIFE** Those who don't jump will never fly!





[www.so-fit.at](http://www.so-fit.at)



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auf Facebook!

