



Fit Over It LLC

Capability Statement

COMPANY SUMMARY

Our concentration is on improving the body from the inside out. Fit Over It Life Coaching Services focus is on creating flexibility, strengthening the body, building confidence, increasing fine motor skills and helping people develop healthy lifestyles that they can live and maintain, through this coaching programs the participants will also discover what their obstacles or challenges might be that's keeping them stuck and choose an action to remove it to live the lifestyle that they truly desire to live. Fit Over It Life Coaching Services provides nine essential services to help individuals live a more effective, fulfilling and balanced life with healthy choices.

CORE COMPETENCIES

- **Education**
 - Fitoverit.org Learning Platform
- **Life Coaching**
 - Classes On/Offline w/Certificate
- **Fitness**
 - Zumba
- **Personal Development**
- **Public Speaking**
- **Consulting**

Success starts with you and ends when you stop believing in yourself. Life Coaching is designed where the coaching relationship continually gives all the power back to you, the client/partner. We believe that you know the answers to every question or challenge you may have right now in your life, even if those answers appear to be concealed or hidden inside.

CEO: Carmen Williams

KEY CLIENTS

Ciana Phillips
Shovonne Johnson
Carlotta Pace
Marcella Anderson
Charlotte Wade
LaWanna Holt
Summit DD
Akron Public Library
Job & Family Services

CAPACITY

*Startups, Non-profits, Small Businesses, Franchises
Large Companies and Educational Organizations.*

Service in all U.S. Territories

Over 100 + clients served since 2016

Fitness Instruction

DIFFERENTIATORS

Fit Over It LLC. is all about helping people get unstuck & creating healthy lifestyles that people can live and maintain.

Competitive pricing with flexible payment options to avoid disruption in your personal goals.

COMPANY DATA

Duns: 08-5046148

NAICS: 611699 Personal Development
812990 - Life Coaching 713940 – Fitness
522390 - Teaching

SIC: 82999911 - Personal Development
82990503 - Public Speaking 7991127 – Fitness