

“Today is
the Day”



Isa 40:31 -- But they that wait upon the Lord shall renew [their] strength: they shall mount up with wings as eagles: they shall run, and not be weary: [and] they shall walk, and not faint.

GOTRAIN HARD

The Go Train Hard®

philosophy begins by setting Goal #1:

Wake up Inspired. Your transformation begins. Dressed

in running shorts and dozens of worn sneakers later maybe that's why

Ameer Patrick claims she's a blessed athlete. As an elite fitness coach and

founder of Team GOTRAIN HARD she views her experience as means to inspire

the island to fitness. Something she puts her heart into. People want to know

how to reach their goals, change their life. Ameer knows exactly. It's her job to

rebuild the body and it's performance by mapping the future of your health. She

also catalogues the exact conditions, distance covered and performance of your

training be it - agility, strength, coordination, speed, endurance, weight loss,

weight gain, sport specific performance, enhance lifestyles, as well as

triathlon training where you will Swim>Bike>Run>FASTER.

GOTRAIN HARD-mentalism. A meticulous process, that

gets results. Her purpose: to instill a sense of drive,

to enhance a life through a passion for

health. To teach, train, and pass it on.

Ameer Patrick is where

your transformation

can begin.

www.ameepatrick.com