



**Press and media kit for
Born 2 Train Fit & Stretched**

Be reborn.



Stretch and stimulate your inner strength.

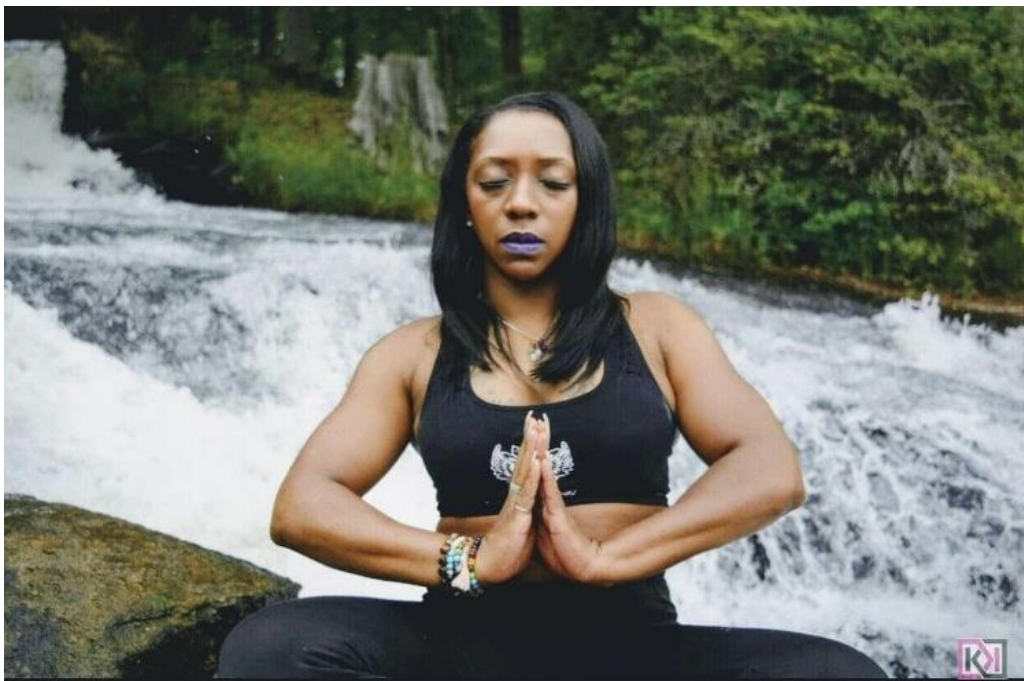
A native New Yorker and 25 year resident of Metro-Atlanta, Darlene Walton is more than a parent and professional. She's a living testimony of the power of the heart, mind, body, and soul in what can happen.

Life can sometimes be challenging. In her instance, experiencing a stroke could have resulted in extremely dire health circumstances. Despite the pain experienced, there's something more powerful.

It's her faith. Her drive. Her motivation. Her work ethic. And her embracing of a more holistic approach regarding her physical health and well-being.

As a result, she is writing her next chapter via Born 2 Train Fit and Stretched. It's about bringing the best of what she does aligned with best holistic practices so others can be in a higher space and place as fully as possible.

Let's find out more about this tremendous business and personal story of impact.





Our statement, our mission, and our vision.

Our mission is being committed to helping essential workers to athletes live healthy, active, and pain-free lives without relying on medications, injections, or surgery. ***In doing so, it allows for all to live as whole and holistically healthier lives*** through their physical, mental, and spiritual well-being.

Our vision via our services will achieve our mission through the following key approaches:

- Improvement and enhancement of each client's flexibility and mobility, including physical activity warm-up/preparation/cooling down, improved muscle recovery, and relaxation of multiple/specific muscle groups.
- Employing best holistic practices designed to reduce and release stress, which can help improve physical and mental health, and reduce areas of concern related to anxiety, depression, and other related areas.
- With our in-house and collaborative efforts with highly competent and compassionate professionals in the fields of therapy (including stretch, movement/recovery, chair, and soft tissue massage), along with certified services (life coaching, counseling, and related fields), we are committed to realizing our mission and improvement of our clients' health and related areas of concern.





Reconnect.

It truly is an extension of Ms Walton's personal experience. Her personal journey incorporates best practices in health and wellness via a holistic lens for improved pain management. As a result, the services provided center on similar practices grounded in balanced training and fitness for the following areas:

- Stress reduction.
- Depression reduction.
- Anxiety reduction.
- Tension management (on the joints, muscles, and tissue).





Services to soothe and supplement the soul.

Ranging from special events to in-person/home services, we are here to serve you.

It is about a professional experience and providing a calming experience aligned with our larger mission and purpose to relax and renew. The following are value added services we provide:

- Detoxes and cleansings.
- Massages.
- Fitness classes (online and in-person).
- Counseling and life coaching.





Assurance, insurance, and recurring events.

In addition to the assurance that comes from quality leadership and services, all can be further assured by the following:

- **Insurance.** Thanks to our partnership with Body Well Mobile Massage Professionals, those with insurance whose policies allow for holistic services can connect and work us directly.
- **Healing Our Community.** Launched in September (2021), this is a bi-monthly (recurring) collaborative series which brings together the holistic community as an introduction to the larger community to services provided (i.e. meditation, breath work, yoga, and related services).

**Wellness
Works
Healing Our
Community**

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Be reborn and renew.

Holistic approaches. Mobile and event-related services. An infusion of the owner's journey to stand behind professional and high-quality services. This is what Born 2 Train Fit and Stretched is all about. Reach out to us today for your individual and group needs; to our media colleagues, we welcome the opportunity to share our business story with you.

It's time to renew. ***Be reborn.***



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