

# A3EF Contact Information:

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# ALTER EGO

## — FITNESS —

STAY READY

**UEI:** XJRHGA1GKKH3 **Cage Code:** 9RUJ2

## COMPANY OVERVIEW:

Established in 2023, our Florida based small business draws from over 20+ years of U.S. Army Master Resiliency & Fitness Trainer experience with a comprehensive understanding of total Wellness and Leadership.

## CORE COMPETENCIES

- Behavior Change Techniques
- Program / Project Management
- Stress Management
- Group Facilitation
- Corporate Nutrition & Wellness Programs

## NAICS CODES

**611430** – Professional & Management Development Training

**611699** – All other Miscellaneous Schools & Instruction

**812990** – All Other Personal Services

**812191** – Diet and Weight Reducing Centers

**611519** – Other Technical and Trade Schools

**621999** – Misc. Ambulatory Health Care Services

## DEGREES/ CERTIFICATIONS /LICENSES

- Service-Disabled Veteran-Owned Small Business (SDVOSB) & Woman-Owned Small Business (WOSB) Certified
- American Council on Exercise (ACE), CPT
- CPR and AED Instructor
- National Personal Training Institute (NPTI)
- Master's Cybersecurity
- Bachelors of Science in Management

## WHY US?

We go beyond promises; our commitment is in delivering tangible results

- A distinguished blend of discipline, advanced wellness expertise and commitment to empower customers with "Lifetime permanent" changes
- Alt3r Ego Fitness champion inclusivity, diversity and holistic health for everyone; we provide attainable solutions tailored at every level
- Ability to distribute instructors and facilitators throughout the state of Florida.
- We provide a boutique style service to build strong client-trainer relationships
- Adaptable schedules to cater to the diverse needs and lifestyles of our customers

## DIFFERENTIATORS

- Veteran-led Programs
- 365/24/7 availability to fulfill short notice requirements
- Over 23 years of program & project management with successful cross-functional team leadership



**ALT3R EGO**  
*Fitness, LLC*



**U.S. Army**  
*Retired*



**Personal**  
*Trainer*



**U.S. Army**  
*Master*  
*Trainer*  
*Certification*



**Service-Disabled**  
*Veteran*



**Woman-Owned**  
*Small Business*