

Athletes by Alves

Strength & Conditioning for Fat Loss, Performance & Fitness



Hi, I'm **Mike Alves**, your last personal coach. If you're reading this it means *you're ready for change*. What better time to create **new habits** and **start fresh** than right now? Today is your day to act! The beginning of an exciting journey towards *youth, vitality* and *performance*. Go ahead and read on to learn more or skip to the end and **contact me now!**

Change your body and be in the best shape of your life!

*"Every week is hard, every week is challenging but every week I feel stronger and stronger. While training may not be for everyone, Mike has worked wonders for me, all of which I am very thankful for. **I am in the best shape of my life** right now and have the motivation and drive to continue thanks to Mike! What I never dreamed possible, is; what I never thought could happen, can; and that pant size I skipped over as a kid has now arrived."*

Karen Steponaitis,
Human Resources Manager
Newton, MA

Listen, when you need tax help, legal help or auto service you hire a professional right?

- Stop wasting time on old routines that don't work anymore.
- Start transforming your body now.
- Develop a plan and go. Don't wait.
- Get an ACE up your sleeves; someone who'll know you inside & out.
- Hire me as your coach and reach your genetic potential.

Here's what you can expect by training with Athletes by Alves.

- You'll become physically, mentally and emotionally stronger.
- You'll learn proper mindset, nutrition, exercise and recovery.
- You'll lose inches and stubborn fat and gain defined muscles and new confidence.
- You're clothes will fit better and you'll feel younger too.
- You'll have more stamina, move better and improve your sports performance.
- Heck, you'll even have fun training and look forward to it.

Contact me today, to set up your free consultation and get started.

Warning: NO whining. Do your best always. You have to eat clean, to be lean; you have to keep records to beat records; and you also have to train, when not with me.

617.268.6232

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Mike Alves is the owner and founder of Athletes by Alves a performance training company. He is a Licensed and Certified Athletic Trainer with the National Athletic Trainers Association and a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. As a coach and trainer he has helped hundreds of people return to health, improve their shape and achieve personal bests through performance training.

SERVICES

Mike offers a variety of services to his clientele like: private/semi-private training, exercise & nutrition consultations, workshops, online training, phone coaching, boot camps, mentorships and fundraisers.

BACKGROUND

Coach Alves' professional background includes experiences, successes and honors with athletes, clients and coaches from the following institutions:

- *Springfield College
- *Boston Red Sox Minor League Affiliates
- *UMASS/Amherst
- *Mike Boyle Strength & Conditioning
- *Health South
- *Chicopee High School
- *WMASS Pioneers Professional Soccer Club
- *Fitness Together
- *Boston Sports Clubs
- *Mixed Martial Arts
- *Triathlons



EDUCATION:

Coach Alves' educational background began at Springfield College where he earned his B.S. in Athletic Training and continues with his in the trenches training, attending conferences, reading professional literature, networking with colleagues and through his professional affiliations.

INTERESTS

Coach Alves has competed or participates in the following sports:

- *Sprint & Olympic Triathlons, Road Races
- *Men's Basketball & Softball Leagues
- *Mixed Martial Arts: Krav Maga, No Gi Brazilian Jiu-Jitsu