



**BODY BY BECKHAM – G.A.I.N.S. Profile for Tracy Beckham**  
**ACE Certified Personal Trainer & Nutrition Specialist**  
**IFBB Professional Bodybuilder**  
**2099 Mt. Diablo Blvd., Walnut Creek, CA 94596      925-577-0829**  
[www.tracybeckham.com](http://www.tracybeckham.com)      [www.bodybybeckham.com](http://www.bodybybeckham.com)

### **Goals**

To motivate, educate and guide clients on how to improve their quality of life through proper exercise and nutrition habits.

To help my clients meet their fitness goals by incorporating fun, innovative, and effective training techniques that fits into their daily life.

### **Accomplishments**

ACE Certified Personal Trainer / IFBB Pro Bodybuilder / Fitness Model  
Competitive Bodybuilder – competing for 23 years  
NPC Judge - Bodybuilding/Figure/Fitness  
20 years experience in Sales and Telecommunications  
Radio Talk Show Co-Host - Pro Muscle Radio [www.posedownmag.com](http://www.posedownmag.com)  
Past President – BNI (Business Network International) Mid Day Referral Group

### **Interests**

Dancing, Music, Sports, Travel

### **Networks**

BNI (Business Network International) Mid Day Referral Group  
IFBB (International Federation of Bodybuilders)  
ACE (American Council on Exercise)

### **Skills**

Excellent Motivator  
Detail Oriented  
Positive Attitude

## MEMBER PROFILE



TRACY BECKHAM  
925-577-0829

### **BODY BY BECKHAM – Certified Personal Training & Nutrition Counseling**

1. What services or products do you offer?

- Certified Personal Training – Individuals or groups of 2-3 people
- Nutrition Counseling
- On-line Personal Training & Nutrition Counseling
- Contest Preparation Coach – for Bodybuilding, Figure, and Fitness

2. Who can you help, and what problems can you solve?

I can help individuals of any age lose unwanted body fat, gain lean muscle mass, improve posture, balance and flexibility, feel and look better with increased energy levels.

3. How can you help people reach there goals?

By motivating, educating and guiding clients on how to improve their quality of life through proper exercise and nutrition habits; through fun, innovative, and effective training techniques that fits into their daily life.

4. Why choose you over your competition?

I provide creative fitness solutions designed to meet your fitness goals in a safe and timely manner that yields results....guaranteed.

5. What is a good referral for you?

An individual looking to improve the quality of their life through fitness and proper nutrition.

A diabetic looking to improve their nutrition habits and reduce their medications.

An individual that needs to lose unwanted bodyfat, improve posture, gain more energy, feel and look better.

