

Fitness at the Speed of Life™

Do you want to feel **YOUNGER**, stronger ...
less stressed?

Scottsdale-based
SottoPelle® is proud to
endorse Joe DiBello of
LIFEFIT™ - a unique
approach to fitness that
can change the way you
think about exercise.

Learn about LIFEFIT™

LOW INTENSITY FORMATIVE EXERCISES
FOR INTEGRATED TRANSFORMATION™

An approach to fitness that can change your life.

LIFEFIT™ offers an intense, supportive path to facilitate
your own biomechanics and leverage personal strengths.

The best elements from various forms of martial arts,
body reconstruction and exercise are used to rejuvenate
and maintain a balanced, active body.

Learn how to craft and use your body the way nature
intended with balance, ease and for longevity.

My constructive and holistic, proven method for
total body evolution includes:

Intensive minor muscle manipulations

Body architecture

Body mentoring

Biomechanics

Joe DiBello, CPT
The Body Architect™
Founder of LIFEFIT™

As Seen In
Palm Springs Life
Hwy 111
SHAPE

I will work with you to identify and quickly improve your
non-dominant (dormant) physiology. Some of my clients
include athletes, veterans, high-profile clients, actors,
and those seeking a mind-body transformation.

Let's get started on your body evolution.
Strengthen the weaker aspects of your physiology
and mentality for maximum performance and potential.

Contact me today!

Joe@lifefit.life | 760 832 4090

LIFEFIT™

LOW INTENSITY FORMATIVE EXERCISES
FOR INTEGRATED TRANSFORMATION™

Palm Springs CA | Scottsdale AZ