

Professional Reference

One of our most successful affiliations has been with **Summit Psychological Services (SPS)**, which is a private psychological group practice dedicated to developing and providing comprehensive professional services for adults, adolescents and children. For more information about SPS, visit <http://www.summitpsychologicalservices.com/>

Dr. Alison Johnson of SPS is not only a dedicated fitness enthusiast and Peak Fitness client, but she is also now a member of the Peak Fitness Advisory Board. Dr. Johnson has worked closely with Pete Bellisano, the Managing Partner in charge of our Fitness Solutions practice in customizing wellness-improvement programs for clients who need more than just a workout routine or personal training sessions.

“I would like to give Peak Performance my highest recommendation and praise...The trainers embrace a holistic approach to working with an individual, including their physical, emotional and spiritual well-being... I continue to recommend my clients, family and friends.”

Alison Johnson, Psy.D.
Associate Director
Summit Psychological Services

More feedback from Dr. Johnson...

“I have been so impressed with the professionalism and expertise of the trainers... Pete has made himself available to work with clients who require a particular sensitivity to addictive and compulsive behaviors and body image issues, and who need a trainer who understands personal growth and self-esteem.”

“My clients have also glowed with high praise for Pete. Empathy and understanding have always been key components to his approach... Finally, and often a primary consideration in making referrals to Pete, is his genuine tenacity to help individuals accomplish their goals in such an enthusiastic heart-felt way, that his positive energy can't help but rub off on other people!”

To learn more about how we can help YOU reach your fitness goals, please contact us via phone or through our web site.

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