



With over 16 years Personal Training experience, Koan brings to the Body Exchange the experience that yields positive results.

Koan is an accomplished Natural N.P.C. Bodybuilding Competitor, with extensive applied knowledge.

Specializing in Fitness Training, Bodybuilding Training, Nutritional Consultation, and more... Koan has the ability to efficiently help you attain your fitness goals.

## Koan Bice

Certified Personal Trainer

*"Success in fitness depends less on strength of body than upon strength of mind and character."*

### Specializing in the following areas:

- Weight Loss
- Bodybuilding Training
- Nutritional Guidance
- Post Injury Training
- Cardiovascular Training
- Strength Training
- Flexibility Training
- Endurance Training

**and much more!**

To schedule a FREE Workout/Nutrition Consultation with Koan:

Phone - 817-444-4800

Email [kbice@beftx.com](mailto:kbice@beftx.com)