

JULIANA A. BERGER

PERSONAL TRAINER
& NUTRITIONIST

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Welcome

Hello, I’m Juliana Abrahao Berger.
Personal trainer and nutritionist.

Brazilian passionate about fitness.
Health of body and mind.

I have lived in Brazil, Argentina, Germany,
South Africa and China.

I speak Portuguese, German, Spanish and English.

I exchanged experiences with professionals from different cultures.



JULIANA

Physical Education and Nutrition
from BSA-Akademie, Germany.



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MY MISSION

Online consulting.

Help to live a balanced life,
wherever you are.

What I offer

- Training built for your goals
- Focus on physical and mental health
- Clear, ongoing support



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MY SERVICES

Personalized training

App-based workouts tailored to your goal
after reviewing your form and photos.

Three-month, six-month or annual plans.

Online nutrition

A personalized meal plan,
with follow-up and adjustments.

To help you eat with balance and ease.

Any service can be acquired
individually or as a package.





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HOW IT WORKS

After payment and submission of information:

You receive your training plan
through an exclusive app.

Easy access and monitoring.





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