



Geneva Area Chamber of Commerce

# Industry Spotlight: Mental Health and Wellness

⇒ This September the Geneva Chamber is focusing on Mental Health and Wellness. ⇐

Our area is full of resources that help to support and encourage a healthier lifestyle. The Chamber team has prepared an *Industry Spotlight* listing all of the members we work with to help connect others with what is available.

In addition, we will also be sharing weekly *Member Spotlights* to feature some of the individual businesses and any health and wellness specials that they are currently offering.

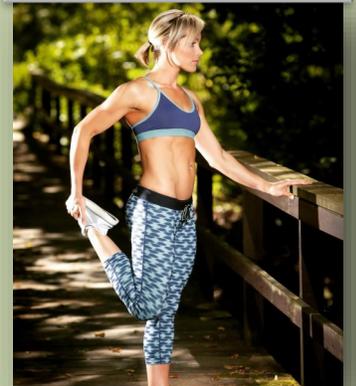
## Featured Member:

# Be More Than Fit

Arielle DeVito

So much more than a gym- **Be More Than Fit** is the only fitness facility with curriculums. With overall health coaching that includes personal training and support for long term success, Be More Than Fit focuses on giving clients the tools to help them live their best lives.

Owner **Arielle DeVito** found her passion in fitness after a sudden death in her family spurred her to focus on quality of life everyday. She has a custom plan where you can meet with her privately, 1-3 times per month, for goal setting, meal planning and mental barrier breakthroughs. She teaches her clients how to **stop life from hijacking their healthy intentions**



## Be More Than Fit

Phone: 315-82902580 | Email: [bemorethanfit1@gmail.com](mailto:bemorethanfit1@gmail.com)  
Website: [www.bemorethanfit.com](http://www.bemorethanfit.com)

Located at:  
73 Avenue E  
Geneva, NY 14456

## Featured Promotion:

- 🔊 **\*New\*** workshops and classes geared towards stress management and reduction
- ⚡ A change in focus throughout the studio to focus on stress management
- ✂️ Personalized tools for planning ahead, featuring recipes, meal planning and more!
- 📍 **DYK!?** *People who eat a diet high in whole foods are up to 35% less likely to develop depression than people who eat less of these foods?*

**Membership Matters!** This promotion is an example of one of the Chamber's individual Member Spotlights, where an Industry is chosen, and the Chamber showcases the different member businesses within that category. This is a free benefit of Chamber Membership where we are not only telling the story of our members, but actively promoting their business through our website, featured social media posts and partner news outlets. #LetUsTellYourStory #MembershipMatters

