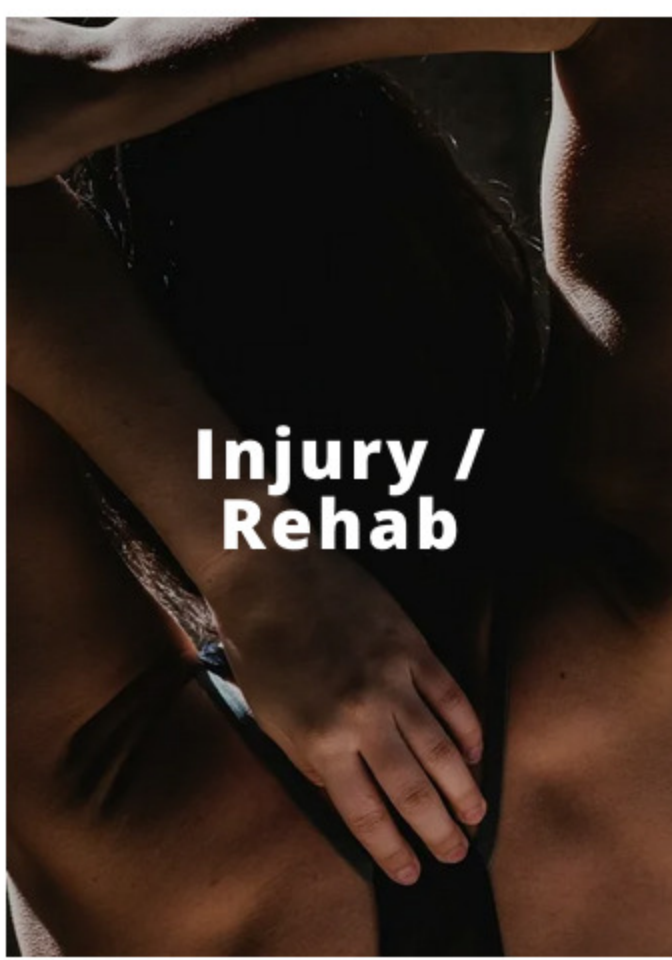


Empowering your journey, one move at a time.

[Get in Touch](#)

This website uses cookies. We use cookies to analyze website traffic and optimize your website experience. By accepting our use of cookies, your data will be aggregated.

Our Training Programs



Injury / Rehab



Strength Training

Find Out More

[See Programs](#)

What drives us

At Meant 2 Move, wellness meets science-backed exercise programs. Our mission is simple: to empower you to live your best life by helping you achieve your fitness goals and providing exceptional service every step of the way.

[More About Us](#)



Hear It From Our Customers

<

B

★★★★★

"We have found Andrew to be much more than a personal tra..."

Bill - a year ago

J

★★★★★

"I'm very fortunate to have found a trainer who immediately reco..."

James Donnelly - 3 years ago

>

● ●

Can we help you achieve your wellness goals?

Contact us today!

Name*

Email*

Phone Number*

Message*

[Send!](#)

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

About Us

Hello, my name is Andrew Gibson, PhD(c) ACSM EP-C, owner of Meant 2 Move.

I want you to know that the greatest thing about me is you. I am so grateful you are taking this step for yourself. I am here to help guide you and be a partner in your journey through wellness. Wellness is about life, how you feel, how you think about yourself, and how you want you to be. My goal is to help you achieve whatever it is you are after.

My qualifications are that I possess a Masters Degree in Exercise Science with an undergraduate degree in Sports Medicine. I am certified through the American College Sports Medicine for Exercise Physiologist, which is the gold standard for the field. I am currently undergoing my PhD in Kinesiology and expect to complete it in 2025. My dissertation focus is on fatigue in the elderly. I am also a Marine Corps Combat Veteran. I have trained many fellow veterans as clients.

Contact me to book and appointment today.

Contact



Gallery



Menu / Price List

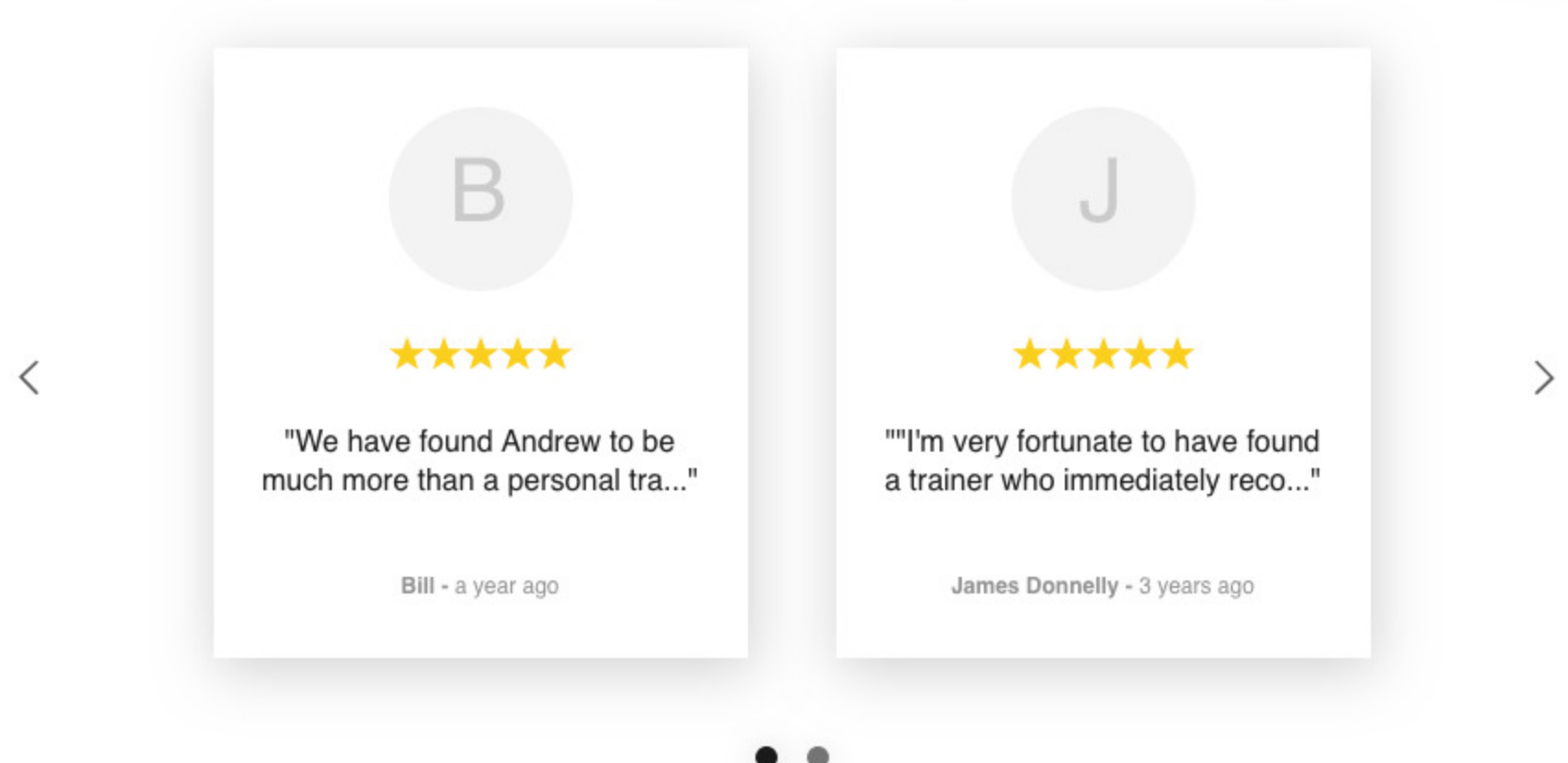
M2M Rates

\$1.00 / MINUTE. We do remote & in person training

30 MINUTE SESSION \$30 60 MINUTE SESSION \$60

Travel fee's may apply | Rates may increase based on client needs

See what some of my clients have had to say



Video's From Sessions



Strength Training

Improving Balance



Contact Us

Have a question about how we can help you?

Name

Email*

Message

Send

Better yet, call me today to see how I can help you achieve your goals!

(386)-631-7403

Hours

Mon 09:00 am – 09:00 am

Tue 09:00 am – 09:00 am

Wed 09:00 am – 09:00 am

Thu 09:00 am – 09:00 am

Fri 09:00 am – 09:00 am

Sat 09:00 am – 09:00 am

Sun 09:00 am – 09:00 am

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

Reach your potential with Meant 2 Move's

One-on-One In Person Or Remote Training

I offer personalized one-on-one training through in person or remote sessions to help you stay motivated and on track. We'll work together to achieve your fitness goals and make progress every step of the way.

Injury & Rehabilitation-

Restore, Rebuild, Renew: Our Injury & Rehab. training is designed to help you recover from injuries and build strength safely. Our science-based approach focuses on personalized care to get you back to your best self.

[Get in touch](#)

Strength Training-

Unleash Your Strength: Our strength training regimen is crafted to help you build muscle, improve endurance, and enhance overall physique and fitness abilities. With personalized plans and expert guidance, we'll help you reach your full potential.

[Get in touch](#)

How can we help you achieve your wellness goals?

Contact us today!

Name*

Email*

Phone Number*

Message*

[Send!](#)

This site is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.