



# SoulFIRE Health

## ABOUT

### Lee Agbohlah – “Coach Lee”

Lee Agbohlah is a graduate of Truman State University with a B.S. in Kinesiology and Exercise Science. He grew up in the Chicago area, but has lived in San Antonio for the past 7 years. Lee has dedicated himself to cultivating experience in the fitness industry, as a certified personal trainer, exercise physiologist and certified strength and conditioning specialist.

Preferring to be called “Coach Lee”, he works on goal setting, mindset and physical education. “I enjoy helping others transform their health through weight loss, boosting energy and renewing confidence by achieving their ideal body. For me being healthy is a commitment to Nutrition, Fitness, and Mindset to get the right habits to stick for the healthy lifestyle my clients aspire to achieve.”

Learn more about Coach Lee and LTA Performance!

<https://www.youtube.com/watch?v=Qj1S8gjZYxs>

<https://ltaperformance365.com/online-coaching>

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