

April 1, 2008

I began working out with Kristiva at the beginning of 2006. Since then I have become very educated in strength training, cardio, and nutrition. Not only have I learned a lot from Kristiva I have become healthier and stronger than I could've ever imagined! I know now that I can continue my healthy lifestyle and also set higher goals for myself for the future.

I met Kristiva thru my co-worker, Tennis Guyer, who was on his way to losing 70 pounds! Tennis had told me during numerous conversations how great Kristiva was and what she was doing for him. I finally got the courage to call Kristiva and took a giant leap into becoming a healthier me! At the time I had a 2 year old little girl and had lost confidence that I would ever get my pre-baby body back. Kristiva listened to every one of my concerns and the goals I wanted to attain. She made a workout to fit me and my lifestyle, no one else's! I met with her three times a week and each visit I do something different. My workouts never get redundant. She uses a combination of weight lifting, yoga, running, and interval training to keep me going. Every three months Kristiva takes my weight and measurements and evaluates my progress.

It is now 2008 and Kristiva is still my personal trainer. There is no one else I would want to work out with. She is extremely professional, punctual, and personable. She cares about the needs of every one of her clients.. Kristiva has a passion for what she does that you can see from the first time you meet with her. Kristiva will work out with you one on one in the presence of your own home, at your local gym, or even at her own home when it is convenient for you. She is extremely easy to talk to about your goals and even concerns you might have. I have gained a better quality of life and a great friend!

Good luck,
Erin Emrick

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