

# BCBGMAXAZRIARETAILGROUP

2761 Fruitland Avenue, Vernon, CA 90058

It is with great pleasure I write a letter of recommendation for Kristiva Smith as a personal trainer. I was fortunate to hear about her training expertise through another family member who also trained with Kristiva. This was my first time using a personal trainer, and it has truly been an invaluable experience.

I belong to a large gym in Indianapolis that has personal trainers on staff, but never worked with these trainers because they did not seem personable and were rather intimidating. I chose Kristiva to help me with this personal goal because she immediately made me feel comfortable the moment I met her. It was clear to me her genuine desire to help others see the benefits of not only being physically fit, but also making better choices when it comes to healthy eating habits. I felt Kristiva was someone I could trust, who really cared about my well being, and most importantly someone who would push me to achieve my goals. It was also important to me to be educated throughout this process. Kristiva was very knowledgeable in weight training and exercise as a whole. Time was another factor in my decision of selecting a personal trainer. I was seeking a setting where I could work one on one with a trainer and be 100% focused for the entire one hour session.

At our first meeting, Kristiva truly listened to what I wanted to get out of this experience. She took the time to sit down with me to get to know me better and understand my goals to best determine a plan to achieve success. She varied my workouts so I could really see the different ways to incorporate weights into my routine. Kristiva was thorough in explaining which muscle groups were being used with each exercise and why, which helped me understand the proper technique and purpose. She was very particular about making sure I continued to use the proper technique to prevent injury and concentrate on the specific muscle.

I have done a total of twenty workout sessions with Kristiva to date. At many of my sessions, Kristiva would do the repetitions and sets with me and provide great motivation to push me to the next level. I am generally a self motivator but there were certainly days when I was just not in the mood to push myself. She made me accountable and I did not want to let her down. She was constantly encouraging and at the same time challenging throughout my session.

Working out with Kristiva has been nothing short of a very rewarding and educating experience. She met all of the criteria I look for in a personal trainer—very knowledgeable, focused, patient, passionate, motivated, sincere, and most importantly results oriented. I hope if you are reading this letter you have the opportunity to personally work with Kristiva. It is a worthwhile investment with lasting rewards!

Gena Pulley  
Field Recruiter/Midwest-US/Ontario-CA  
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