

Hello everyone.

My name is Kyleene Pulley. I play golf for the University of South Florida. I worked with Kristiva the summer between my junior and senior year of college. I decided I wanted to take my game to the next level and try playing professionally. I had always thought hard work at practice would get you where you needed to go. However, just like any other sport, golf is highly competitive the further you go and everything needs to be in its best condition; your game and your body. I didn't realize how much working out (lifting, running, and yoga) would help my golf game, but I had a very successful summer. I noticed I was never tired at the end of my round like I had been in the past. My legs would normally hurt at the end of the round, I would lose focus mentally because my body wasn't in good enough shape to carry me through, but that all improved after working with Kristiva. We lifted to increase strength for hitting the ball further, we worked on running to improve my cardiovascular fitness, and we also worked with yoga to improve flexibility as well as mental toughness. All of these things are important as a golfer. I didn't realize how much I would benefit from working with Kristiva until the end of summer when I saw the final results.

I loved working with Kristiva that summer and plan on working with her again when I get home. She really listened to my goals and catered her training to what I needed. I love that she treats everyone as an individual and customizes every workout to fit your needs. My goals were mainly for golf, but also for my well-being. I have always struggled with running. I've always wanted to be able to take off out my door and enjoy a nice jog outside. But to me it always seemed like too much work and not much fun. When I first started working with Kristiva I could maybe run a little over a half a mile before giving up. By the end of summer we ran 3 miles with out stopping! For me, that feeling was just as good as winning a tournament. I accomplished something I never thought I could. I should probably also add that my goal was to be able to run 2 miles with out stopping by the end of the summer, we exceeded that by a mile! We worked hard, and she made everyday fun and different. I've had trainers in the past and I always dreaded going. Never looked forward to it. With Kristiva I couldn't wait to work out, and I can't wait to work with her again.

If you're reading this because you're thinking about getting a personal trainer to help you reach your goals you can't seem to do on your own, I promise you its worth it. And most of all Kristiva is the one I'd recommend. She not only cares about helping you meet your goals but she cares about you as a person. She's a wonderful person and trainer and I'm happy to recommend her to athletes or non athletes either one. But I will warn you. She's tough! But I know in my case I couldn't have done it if she were any other way.

Thanks for reading, take care, and be well.

Kyleene Pulley