

I used to be quite active and enjoyed working-out. I worked with a personal trainer and I lifted weights and ran several times a week. Then I had children...and I no longer had the time to work-out (or so I thought). I gradually began to put on weight, little by little. I wasn't heavy by any means, but I wasn't in the shape I had once been. I didn't feel as healthy or physically attractive as I used to and I wanted to get that back.

I knew that I had the skills, I knew a lot about weight lifting from my past, but for some reason I never seemed to make myself get into the gym. So, I decided to get a personal trainer to help me get back into a routine and to help motivate me to do something for myself!

Kristiva and I started working out 3 times a week. I found that on the days that I wanted to come home and sit on the couch I couldn't because I had someone holding me accountable. I have told Kristiva many times that when she arrived I really didn't feel like working out. But I did and always felt better afterwards. I now work out 3-5 times a week!

I have found Kristiva to be very professional, extremely motivating, and knowledgeable in all aspects of physical fitness. She has shared with me much of her knowledge about healthy diet, cardio, strength training, and stretching. She even got me excited about yoga which improves my strength, balance, flexibility, and mental attitude.

I am so glad that I have made time to take care of me. I am healthier, happier, and less stressed than I have been in years. I truly believe that having a personal trainer was the reason for my success. I am very thankful to Kristiva for her gentle pushing that gets me moving and keeps me moving!

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