

March 25, 2008

I used Kristiva as a personal trainer for many reasons, but the main reason became clear the first time we spoke. I knew I needed help in reaching the goals I had set for myself. When we first talked about her training services, I could see the passion she had for helping others change their bodies and habits. From that very first conversation, I was confident I would meet my goals.

The passion that I saw in our conversation magnified once I started training. I could tell that Kristiva cared about my goals, habits, and training as much as I did! She strives to make the workouts interesting and diverse. It did not seem like the normal grind of going to a gym and doing the same thing over and over. Kristiva would work muscle groups with different exercises and alternate between free weights, universal, boot camp or just running. Going to workout never became a dull routine. I became very excited with my progress and Kristiva only intensifies that by endeavoring to make your workout a fun experience while achieving a challenging workout.

Another aspect of Kristiva's uniqueness is how she couples your food consumption along with the workouts. Keeping track of everything I ate, not only made me realize how bad I was eating, but how often. Reviewing my food log every week brought another part of a comprehensive plan to change not only my body, but my life habits.

While she is not a drill sergeant, she is relentless in her focus and drive to keep your focus and drive toward your goals. Reminders, information sheets, current research and the latest nutrition updates are just some of the items she will hand you during your time together.

During a five month period of exercise and better nutrition, I lost over 70 pounds, gained strength and lowered my body fat. I always looked forward to my next workout and was incredibly proud of the progress I had made. I would highly recommend utilizing Kristiva's training services to help achieve your goals and achieve a better lifestyle.

Tennis Guyer
Kokomo, Indiana