

# PERSONAL TRAINER

As a personal trainer, I offer body-neutral personal training for women & couples 30+ as well as youth. I specialize in strength training and focus on a holistic approach to progress in strength, body and life.

No weight loss obsession, just improved strength, mobility, energy and overall well-being. My approach is body autonomy, no shame and making fitness a fun habit to have lifelong. Let's work together if you want a caring professional who prioritizes your well-being and body connection.

I have always enjoyed seeing people progress in their goals and abilities and the overall feeling there best in their bodies and it truly puts a smile on my face to see people do the hard work and feel the benefits.



## Kimberly V

**CREDENTIALS:**

CSEP Personal Fitness Trainer  
NSA Group Exercise Instructor

**EDUCATION:**

Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

The Meadows  
Dr. Anne Anderson  
Mill Woods  
Terwillegar