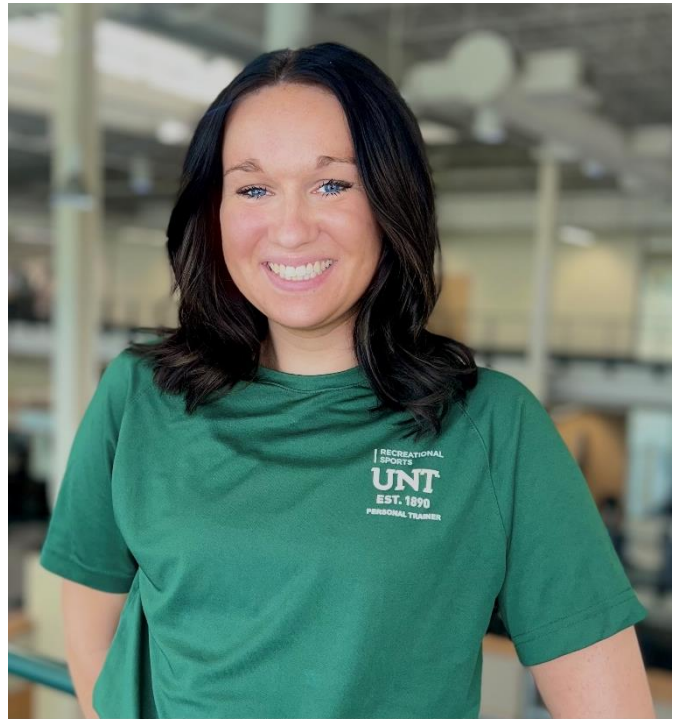




Mady K.

CERTIFICATIONS/EDUCATION

ACE Certified Personal Trainer



TRAINING PHILOSOPHY

Exercise and fitness are some of the most important aspects of overall health and well being. I base my training sessions on my client's personal goals and interests and feel that workouts should improve someone's physical and mental abilities. One of my main goals is to help guide clients on how to get and stay physically and psychologically fit. I strive to show my clients how they can push themselves and want to challenge themselves. A goal for my clients is to look/feel their best and to gain self- confidence. I want to see my clients achieve their goals and be proud of all they have accomplished.

MOTTO

Love yourself enough to work harder



RECREATIONAL SPORTS
www.recsports.unt.edu
940-565-2275 | 940-369-8347

