

Kim Brady – Personal Trainer



Kim is an amazing trainer and an amazing person, I loved working out with her. She set me up on a program and diet that worked for me. Not only did she help me overcome physical barriers, but mental and personal as well. She completely changed my life around. Thanks for her believing in me and motivation made me do things I never thought I could accomplish. She was exactly what I needed and I am blessed to have her in my life!

“Christine Reitteg”

Since 2007, I have worked at Lifestyle Family Fitness as an Personal Trainer I have two certifications including IFA and Nutrition. I specialize in Women’s Fitness/Core Training as well as training Level one Fitness & Figure competitors. I’m always putting my brain to the test by reading and testing new movements and exercises to ensure my clients only see results, on top of finding peace of mind. If your In tune with what you want and you like to be pushed to your max, I’m that girl for you!!

If you are ready for a life changing experience and totally committed to Keeping a healthy and energetic life style, I’m here to guide and put you on that path. I will put you on a program and diet totally catered to you, so let’s work together so we can achieve your goals with the biggest smiles as well as changing your whole outlook about exercise!

If you fall into any of the following categories, I am looking forward to helping you;

- You are in need of change.
- You would like to feel better about yourself.
- You are looking for more of a push.
- You are in need of guidance.
- You are tired of the same old thing.
- You would like to have more knowledge about Diet & Nutrition.
- You would like a totally new out look on exercise.
- You would love to feel Free and Lifted.