



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Kim
Reistad**
Personal Trainer
ACSM



PHILOSOPHY

I believe our health and wellness is vital in providing us with opportunities for a positive mindset, empowerment for self-belief, and a commitment toward personal growth.



EDUCATION/CERTIFICATIONS

- BS in Exercise Science and Sports Studies
- ACSM Certified Personal Trainer
- TRX Suspension Training Certified



SPECIALTIES

- Strength training through pregnancy
- Balance, Stability and Mobility of all ages
- Triathletes and Runners
- Small Group Training
- Overall Health and Wellness



DEMOGRAPHIC

Any individual looking to improve or needing support in their health and wellness journey.



A LITTLE ABOUT ME

I grew up in sports and being very active. I studied Exercise Science and Sports Studies at the University of Tampa where I ran cross country and track and further pursued a career as a Professional Triathlete upon graduation. My passion is helping others see success and supporting along the way!