

PERSONALIZED PROGRAM

Designed to help you reach your fitness goals. When you choose to train with Kim Remington you choose a new and improved lifestyle. You can expect to achieve your short and long term goals. Kim will guide you through a series of exercises that fit your lifestyle. Then you apply what you've learned to exercise at home or the facility you choose 2-3 times more that week. This way, you get the guidance and accountability of a trainer, and are not totally dependent on a trainer. Education is the key to success. Accountability is the # 1 way to succeed.

Kim will give you a free Health and Fitness Evaluation every 8-12 weeks to mark your progress.

CALL FOR A FREE CONSULTATION AND BODY ANALYSIS

Your consultation includes:

- One-on-one meeting with KIM
- Tour of the facility
- Exercise recommendations based on your needs
- Diet recommendations

Discuss information such as:

- Goals
- Health history/Injuries
- Program design

IN HOME TRAINING AVAILABLE

CLIENT SUCCESSES

Angela McDermott

"I was crowned Miss Twin Cities 2008 in December 2007 and immediately began training with Kim to prepare for Miss Minnesota. I have loved every training session I have had with Kim! Every week Kim creates a customized workout for me. Her workouts keep me engaged in my workout and motivated to continue working out. Kim is a lot of fun to train with."

Cori Shellum

"I was highly recommended to train with Kim while I was preparing myself for the Miss Minnesota competition. Working with Kim was a great move. Not only did she work on specific areas for me, but she helped develop a fitness and nutrition plan to get me on the road. She had the dedication to work along side me and always offered encouragement."



Kim Remington

- BA in Athletic Training & Community Health
- ACSM-Health Fitness Instructor Certification
- Healthy Expectations-Pre/post Natal Certification
 - Specialty in Post-rehab

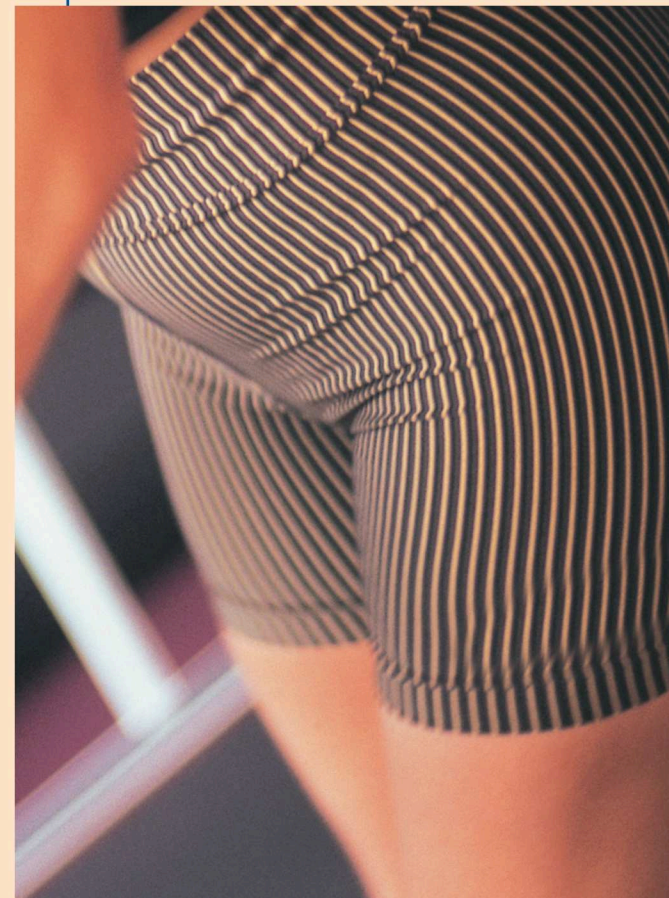
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The Quality Of YOUR Life Is Up To YOU



WHY A PERSONAL TRAINER?

A Trainer will you assist you in a total lifestyle change

- exercise that fits you and your style
- increase flexibility
- increase energy
- increase self-esteem
- increase flexibility
- increase your motivation
- reaching your maximum potential
- reaching your short and long term goals

ONE-TIME INTRODUCTORY PACKAGES available for new clients

RECEIVE A FREE SESSION
refer a friend, who purchases a
training package and receive
a free session

RECEIVE A FREE SESSION
meet your goal and receive
a free session

The program was easy to follow and right on target for my problem areas. Seeing Kim regularly helped me to stay motivated and taught me that if I worked hard I would see results.

Thanks Kim!



MEET KIM

Kim graduated from Bethel University in 1994 with a B.A. in Community Health and Athletic Training. She went on to work at the Institute for Athletic Medicine as an assistant physical therapist for 2 years. She later began work at Lifetime Fitness for Women as a certified personal trainer, holding the American College of Sports Medicine's "Gold Standard of Certifications." In 2000 & 2001, Kim led a pre/postnatal exercise class certified through Healthy Expectations at White Bear Racquet and Swim. The class incorporated educational discussions of pregnancy related topics and exercise designed to strengthen the pregnant woman. Kim is also trained in Pilates the STOTT Conditioning Method and is trained to instruct in Mat.

Kim has years of experience working with women both individually and in group settings. She is passionate about helping them attain individual fitness goals, ranging from muscle definition, toning, and weight loss to pre/postnatal health, rehab from injury and post physical therapy care. She is currently the trainer for the Miss Twin Cities, Miss Minnesota, Miss America, Miss Capitol City and Miss Coon Rapids contestants.

As a mom of 3, Kim understands how difficult it is to carve out time for regular exercise. She is also convinced of its benefits, which include a decreased stress level, increased energy, and a more positive self-image. Kim enjoys making the health of her clients a priority to her and encourages accountability between clients and herself. She believes that exercise is fun and makes it her goal that her clients would embrace a similar excitement, motivation, and appreciation for exercise.