

# Meet the BSRC's Personal Trainers



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## KRISTEN K

Success is measured by your ability to show up” - my personal motto

Easy choices=hard life

Hard choices=easy life

Quote from my favourite tic tok

What I am getting at here is that I get it getting to the gym and eating to a healthy lifestyle are hard choices but they pay off in a life with less health complications a body that can keep up with your kids or complete a race, whatever your lifestyle goals are I can help get you there. Three years as a personal trainer, seven as yoga instructor and two running my own yoga teacher training program with a couple dozen years training in the gym helps to give me a diverse and rounded background. Beaumont local with roots and family in community and aspirations to live independently and fit into a least my 90's. Can't wait to meet you and get you started on your first step to making hard choices for an easier life.

Learn more about the BSRC's personal  
training options at [beaumont.ab.ca/281](https://beaumont.ab.ca/281)

