



Kim Komar

I am a busy mother of 4 children. I taught middle school science for 10 years and taught at the college level for 2 in the health and human services department. My true love however, is exercise and teaching people how to manage their stress and anxiety through different workout techniques. So, after my children were born, I went back to school through the National Academy of Sports Medicine to earn my personal training and group training certifications. I then opened my own business called, Fit Body Fit Mind – which operates out of my home studio and I rent space out of the Brighton First United Methodist Church. I also travel to people as needed. My motto is, “It’s your journey”, which can mean so many different things to each client, and can bring out some laughs during boot camp! I offer personal training services and boot camp classes. My main specialty is working with individuals who suffer from anxiety and depression as I have dealt with these for over 30 years now and exercise has greatly improved my quality of life.



Education

- BA in Elementary Education at Adrian College
- MA in Educational Technology at MI State
- National Academy of Sports Medicine Certifications and CEU’s
 - *CPT – Certified Personal Training Certification
 - *GPT – Group Personal Training Certification
 - *Balance Training
 - *Cardio for Performance
 - *Core Training
 - *Neuromuscular Stretching
 - *Reactive Training
 - *Senior Fitness
 - *Resistance Training
 - *Weight Management
- CPR/AED Certification for Adults, Children and Infants (kept current)

Professional Experience

- 6th, 7th, 8th Grade English and Science Teacher – Chelsea and Hartland School Districts (10 years)
- Health and Human Services Professor – Concordia University, Ann Arbor (2 years)
- Elite Virtual Fitness Coach through NASM for Sharecare’s online WeightMate Program (2 years)
- Owner Fit Body Fit Mind / Personal Fitness Trainer / Boot Camp Instructor (2009 – present)