



Becka

I was active my whole life and worked out often. I started to become unsure of what to really do in fitness and wanted a more specialized approach and someone to really show me what to do to reach my goals and listen to my crazy requests and questions. I am beyond thankful that I was led to Kim Komar. I was attracted to the words and vibe on her website and soon found out she was everything I wanted and much, much more. I knew from the first interview that we would be a perfect match. Two years later, she is my close friend and life coach on top of being my amazing trainer. I would never imagine that my trainer would end up guiding me through some of my hardest struggles in life. I am a professional dancer and model and health, nutrition and fitness is a must in my life. She keeps me fit and keeps me grounded! I couldn't be more blessed to have found her.

