



## Tom

After always finding excuses for not working out... now I now enjoy going to workouts. I can thank Kim at Fit Body Fit Mind for that. Kim combines an always changing exercise routine with motivation and friendly encouragement. Kim is always prepared with organized routines that combined cardio and strength training with a challenging intensity.... And the price is right. I feel stronger and I am able to maintain my weight easier since working out three times a week with Kim. If you are ready to tackle the exercise part of diet and exercise I highly recommend Kim to anyone looking for a challenging workout that yields results at a very reasonable price.

