

Strength Training

Cardio Training

Nutrition Counseling



ABOUT THE PROGRAM

The Time is Now! Are you tired of stopping & starting over? What if you had your own playbook to follow with proven strategies to get you off the diet roller coaster?

Kathy is a nationally recognized personal trainer and online fitness/lifestyle coach. She is also the author of *The Time is Now, 7 Ways to Get Off The Rollercoaster*. After struggling most of her life with poor exercise & eating habits, she made up her mind to get it right and has been helping others ever since.

ABOUT THE APP

Great for business travelers, busy moms, and people on the go.

\$19.99



Basic access to the trainer app with no changes to workouts.



\$59.99

Access to trainer app



Bi-Monthly Calls (15 min)



Calorie Monitoring

\$99.99



Access to the trainer app



Weekly Calls (15 min)



Calorie monitoring



Custom Workout Program Access

\$125  
initial cost:

15 minute  
consultation

Set up  
client's portal.

Client can link  
My Fitness Pal &  
Apple Watch or Fit Bit.

Client is given a  
training calendar with  
2 custom workouts.

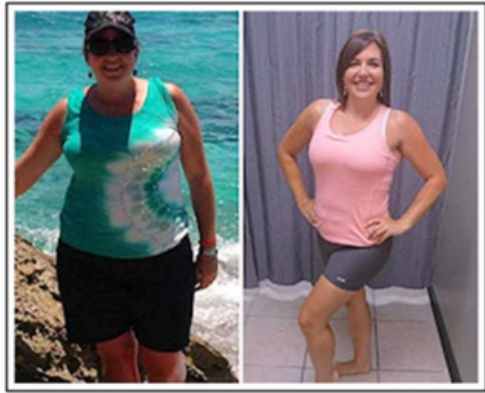
Food log monitored  
by Kathy  
for suggestions, etc.

WHAT OUR CLIENT'S SAY  
TESTIMONIALS



BEFORE

AFTER



"What I loved most about Kathy was that she isn't the type of trainer that is going to simply say "quit making excuses....and just do it". She understands every person has different habits, thought processes and stories they've been telling themselves, likely for years, that have led them to point where they are regarding nutrition and fitness. She encouraged me to keep re-evaluating what was working for me and what wasn't and making modifications; especially when I felt like giving up. Even from hundreds of miles away, Kathy's app has kept me accountable to my fitness journey."

-MELISSA T.

CONTACT  
ME!

