



TEAM MATRIX

KAREN KISH

Quote

“ Be fearless in pursuit of what sets your soul on fire. ”

- Jennifer Lee

Biography

After a lifetime of being teased for being overweight, Karen took her health into her own hands at 25 and started pursuing an active, healthy lifestyle. She took to it easily, developing a passion for yoga and, later down the road, weightlifting. She is passionate about fitness and excited to be part of Team Matrix.

During her fitness journey, Karen lacked a support system and spent countless days in classes or at the gym on her own. After much persistence, she lost 50 pounds and today uses her experiences to serve Matrix members and their needs. “I want to be the support I didn’t have,” she says.

Karen is a Westernaires alum and proud Red Team graduate, having spent most of her childhood on the back of a horse. Today, you’ll find her running the stairs at Red Rocks Amphitheater with her dog, Remi, or trying to bust her personal bests at Matrix.

Fitness has changed Karen’s life and she’s excited to spend her time every day helping others discover how it can change theirs!