



Karen Kish

Exercise Specialist/Premier

Certifications

- NASM Certified Personal Trainer
- CPR/AED Certified

Areas of Specialization

- Weight Loss
- Strength and Conditioning
- Injury Prevention and Rehabilitation
- Functional Training
- Strength Training
- Circuit Training
- Cardiovascular Endurance
- Joint Mobilization
- TRX

Quote

"Either push your limits or suffocate in your comfort zone."

- Arun Purang

Biography

There was not a moment in Karen's childhood where she didn't struggle with her weight. Not only was it uncomfortable physically, but there were numerous mental and emotional implications that made weight loss more than just a physical issue. Her weight yo-yo'd throughout her 20s and 30s until she completely embraced her struggle, her body and lifestyle of fitness and healthy eating. Fitness has taught her about success, and she applies the discipline and fortitude she found at the gym to every aspect of her life and continues to see long-lasting, positive growth. Karen is excited to share her passion for health and

fitness with the world and believes there is nothing that can teach a person more about themselves than exploring the boundaries of what they are capable of and pushing through them. Karen spent her childhood years as a horse trainer and holds a special interest in rehabilitation and joint mobilization as a result. Along her journey, she has discovered her passions to be strength and conditioning as well as Olympic lifting. She works with athletes of all kinds, from avid lifters to first-timers looking to get started, and has uncovered the most important tools to help her clients overcome hurdles and get a jumpstart on achieving their goals.