



“ Here’s my KTFIT happy story - A few years ago I was relegated, not by choice, into a single parent life following the passing of my husband from a brain tumour. The next 2 years were just a blur apart from the excessive comfort eating that occurred in order for me just to make it through each day in one piece. About 18 months ago I picked up the phone and called Kirsten with an impassioned plea that went something like this - “I desperately need help”. Kirsten felt the pain I was experiencing and very gently guided me to my first “comeback” session with her. Just to put this in perspective for you, it would be fair to say that 1 burpee was 1 too many on

that day! I grizzled, grumped and ached my way through one of the most challenging hours of my life - physically that is. But I did it with Kirsten at my elbow spurring me on every step of the way. A lot has happened for me since that fateful day - not only have I downsized by 32kg, increased my fitness enormously and transformed into a more positive person, I can also now engage with my 11yo daughter with vigour and gusto - the most important improvement of all! It should also be noted that I have completed a 10km/15km/16km fun run, with my biggest smile saved for the half marathon I ran in December 2015, again with Kirsten at my side for support. I owe my health, fitness and the regaining of my life to Kirsten at KTFIT. She is all the nice things in life along with being an inspiring trainer who understands her client’s requirements and changes up the training to meet those needs. Kirsten is aware of health, nutrition and wellbeing in relation to exercise and has inspired me to continue to be healthy and well for a long time to come.

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Fiona Sherlock