



“ As a middle-aged man who hadn't exercised in 20 years and with back and neck injury issues, I took the plunge to get fit with Kirsten at KTFIT. Well it's the best decision I've ever made! In a friendly group setting, Kirsten balances being supportive with pushing your boundaries so that you can reach your goals. The first few weeks are tough, but the support and encouragement from Kirsten and the group gets you over the line. I've lost over 10kgs, am fitter, stronger and healthier than I've ever been. My neck and back pain has decreased, and I'm able to enjoy activities like running, bike rides with my family and friends.
Thank you Kirsten!

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Brian Searle