



PERSONAL TRAINER

Katie Hayes

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In my early 20's I realized I needed to take charge of my health and began my self-guided health journey. I ditched processed foods and began an intentional fitness program. I lost 40 pounds in six months and saw drastic improvements in my physical, mental and spiritual health. I became passionate about learning about fitness and nutrition and wanted to share what I was learning to help others begin to make meaningful change. I began studying human and sports nutrition in college and graduated as an Exercise Specialist in 2011. I believe fitness is a great catalyst for changing your life. My favorite part of being a trainer is seeing the strength and confidence built in the gym carry into other areas of my client's lives. From novice exerciser to athlete, I am here to help you reach your goals and optimal potential.

Nutrition Coach My goal as a nutrition coach is to help you simplify nutritional science and personalize your optimal diet. I will teach you how to balance your diet in order to regulate your blood sugar and hormones, putting you in the driver's seat of your health. Whether you are looking to lose weight, get off blood sugar medications, build muscle or train for a marathon, I am here to help you. I will share the tools to make your goals both attainable and sustainable.

Qualifications

- B.A. Exercise Science
- AFPA Certified Holistic Nutritionist
- ACE Certified Personal Trainer
- Certified Barre Instructor, Cycle Instructor, TRX Coach, Strength/Conditioning Coach

Experience

I have over a decade of experience in the fitness industry and work with a wide range of clients from youth to seniors. Whether you are recovering from an injury or surgery, trying to prevent a surgery, striving to lose fat and build muscle or train for an event, I will meet you where you are and develop a plan for where you want to go.

Take the first step. Email

katie.hayes@cityofloveland.org to
schedule an appointment with me today!



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PARKS & RECREATION

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