



# PERSONAL TRAINER

## Kristina Baxter

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I discovered my love for fitness in my early 20s after my husband introduced me to strength training. Growing up, I was never an athlete and never imagined myself enjoying the gym - but

once I learned how to move confidently and train effectively, I was hooked.

That experience changed my life, and it's what drives my passion for personal training. I specialize in helping people who feel "not athletic" or intimidated by fitness realize that working out can be enjoyable. There are countless ways to move your body, and together we'll find what you genuinely enjoy so fitness becomes something you look forward to - not something you dread.

## Qualifications

- NASM Certified Personal Trainer
- Corrective Exercise Specialist

## Experience

I have two years of experience as a personal trainer on a military base in Germany, where I worked with both military personnel and local nationals. My client base ranged from individuals preparing for physical fitness tests to postpartum clients and those simply looking to build healthier, more sustainable lifestyles. This diverse experience allows me to tailor programs to meet clients exactly where they are.

**Take the first step! Contact me to schedule an appointment.**