



Karen Johnson, CPT

Certified Personal Trainer, NETA
Certified Group Exercise Instructor, NETA
Sports Nutrition & CPR certified by ER

Personal Background: My husband and I have been married since 1988. We have four children. I've been a farm girl, physical therapy aide while in college, and a special education K-12 teacher. For years I was a Weight Watchers member with off & on success. At age 40, I joined my first gym, hired a personal trainer, and learned how to eat and exercise for fat loss without losing muscle or feeling starved. I've learned how to plan & eat nutritious meals and how to exercise smart for fat loss, strength, maintaining flexibility and for a lifetime of healthy living.

Training: My Personal Trainer certification and Group Exercise certification is through NETA. I have a Sports Nutrition certification & am CPR certified through Expert Rating. I've been personal training since June, 2007. I train each client individually according to their fitness goals.

Mission: I'm passionate about helping people achieve a healthy lifestyle and reach their personal fitness goals. Whether you want to lose body fat, increase strength, tone up, build muscle, or learn to pose for a physique competition, I'd love to help you.

Contact Information:

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