

GET TO KNOW YOUR COACH:

Megan

Hi! My name is Megan Redgate and I am so excited to have YOU as a client! When you sign on with KJO we ask for a LOT of information and I think it's only fair that you get to know me too!



ON TOP OF BEING A CERTIFIED PERSONAL TRAINER, NUTRITION COACH, AND MASTERS STUDENT FOR APPLIED NUTRITION TO BECOME A REGISTERED DIETITIAN, I AM A...

Daughter, sister, friend, dog mom to a rescue pup named Elliot (Ellie)!

HOBBIES:

Hiking, skiing, drawing, bingeing a new show, reading, and learning

SOME THINGS ABOUT ME:

I am VERY close with my family and would usually rather spend time with my family than most people my own age.

I want to spend as much time outside as possible. Hiking/walking through the woods in my area with Ellie and my 2 family dogs (Phoebe and Vivian) is my favorite thing in the world and the best way to relax and unwind.

I'm allergic to dairy and eggs.

I have a big sweet tooth and I love breakfast foods (on the sweet side)

I am a HUGE fan of organizing and writing lists.

WHAT YOU CAN EXPECT FROM ME AS A COACH:

I don't want to be the voice in your head telling you what to do, what not to do, and making your choices for you – I want that to be YOUR voice! I want to have a relationship full of mutual openness and honesty so we can create a lifestyle that is custom to only you, meets your goals, that you WANT to live, that you feel proud of, and that becomes natural to you. That comes with being communicative with me, and vice versa. We can make big changes if we communicate, so please use me as your greatest resource and I'll be the one to tell you the hard truth at times and to cheer you on along the way.

