

GET TO KNOW YOUR COACH: Christina

HI! My name is Christina Martin, and I can't wait to work with you! 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!



WHAT YOU CAN EXPECT FROM ME AS A COACH:

You can expect LOTS of open communication and honesty (and I hope you give me the same!). I'm definitely one to explain the "why" behind everything I suggest that you do. I truly believe that no client should just be told what to do...but they should be educated along the way and should play the most significant role in every decision! I will help you set small goals that lead to conquering bigger ones and simplify a process that may have once felt impossible to you. I will offer you plenty of encouragement and words of affirmation, but don't be fooled because I'll also call you out when you need it!

ON TOP OF BEING A CERTIFIED NUTRITION COACH, PERSONAL TRAINER, AND HORMONE & METABOLISM SPECIALIST...

I am a....
Wife, mom, sister, daughter, friend

HOBBIES:

1. Reading
2. Thrifting
3. Lifting, of course!

SOME THINGS ABOUT ME:

1. I have 2 daughters, 2 dogs, and 6 chickens.
2. I have a tiny little camping trailer that my family and I love to go on weekend trips in.
3. My husband is a firefighter, so I understand the life of running the show solo a lot of the time, but we make it work!
4. I love structure and routine, and I'm very loyal, intuitive, and caring (fits my zodiac signs well! Taurus & Cancer!).
5. Born & raised in the PNW and will probably live here forever. The amazing Summer season makes it worth the rain!

As part of my own hormonal health journey, I fell in love with the results and feelings that came with weight lifting and focusing on my nutrition. I started coaching with the goal of reaching other women just like me... women who lead extremely busy lives and need support to ensure their own health, happiness, and goals are still prioritized (and to do so without having to give up soccer game attendance and making time for friends and family).

