

# GET TO KNOW YOUR COACH:

# Michelle

HI! My name is Michelle, 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 NUTRITION COACH AND PERSONAL TRAINER WITH CERTIFICATIONS AND SPECIALIZATIONS IN METABOLISM, HORMONAL HEALTH, AND MINDSET.....**

I am a wife, daughter, and sister.

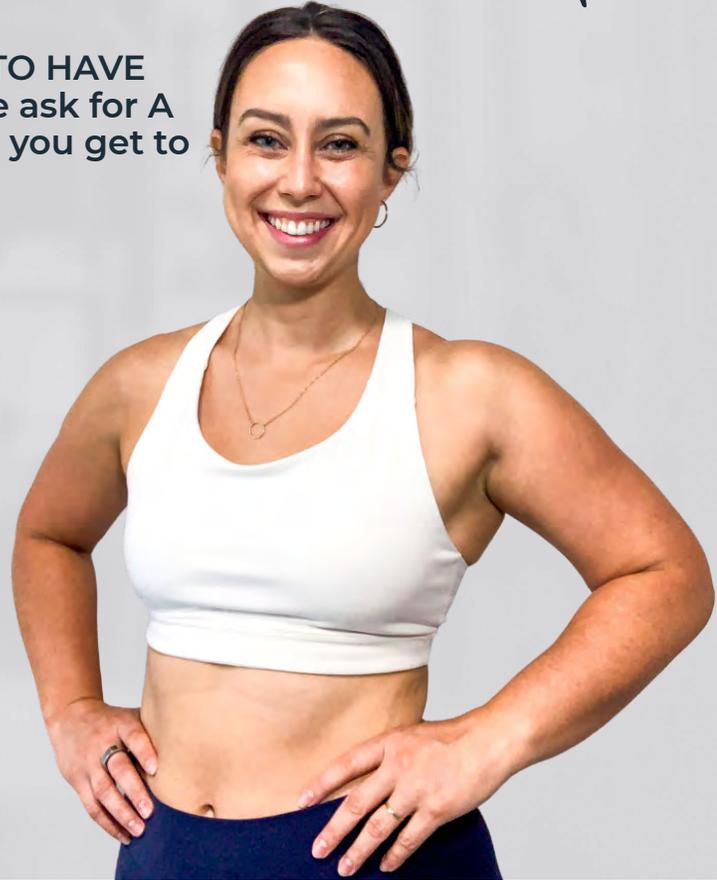
## HOBBIES:

1. Consuming burgers, fries, and a hefty IPA
2. Listening to 70s-80s rock while Jeep cruising
3. Regular and disc golfing with my hubs
4. Sitting in the sunshine

## SOME THINGS ABOUT ME:

1. I LOVE TO EAT.
2. I can lose all sense of time in the gym very easily, just hanging out and chatting.
3. I love routines, spreadsheets, and planning.
4. My morning cup of coffee brings me genuine joy. The smell and the warm cup in my hands makes my heart so happy.
5. If I can't find it at Aldi, I'll likely find a different recipe.

Like many of you, I started exercising because I was tired of having negative body image conversations with my friends. I realized that my health was actually in MY hands, and I could do something about it! At the time, I had no tools to do this...except for push-ups and sit-ups (which, admittedly, I did way too many of them). Eventually, I learned that there's so much more to health and lifestyle transformations. My own experience has led me to where I am today. I fell in love with being able to simplify complex concepts into personalized programs for others and have a knack for teaching clients how to quickly digest the science of nutrition, mindset, and exercise.



## WHAT YOU CAN EXPECT FROM ME AS A COACH:

I tend to be very compassionate, but I will gladly push you to “just do the thing” if that’s what you need. Ultimately, I know that this is YOUR journey. I’m honored to partner with you and help educate you about all the things along the way. I LOVE details and invite you to share everything with me. The more you share with me, the better I can help you! One of my favorite questions is, “What do YOU want to do?” Giving people an opportunity to take back control of their own health and decisions is powerful. I will also be there to offer specific recipes and meal ideas when you want them (I’ve got TONS to share!). I will make sure that you know there are always different ways of doing things and that you have options! I’m here to help you find the best way based on your goals, preferences, and life.