

Mission Accomplished Healthy Bites

Fall 2009



Fitness Training & Nutrition Consulting

Kim Landry-Ayres
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Nutritionist, B.S. Dietetics

A.C.E. and Cooper
Certified Personal Trainer

Specialty Recognition in
Strength Training

PHI Pilates Instructor

AAHFP Post Rehab
Specialist

YogaFit and NDEITA
Certified Instructor

R.Y.T. Yoga Alliance
Registered Yoga Teacher

R.T.T. Registered Thai
Therapist

Reiki Level 2 Practitioner

WNSO Professional Body
Builder and Muscle Model

NPC National Lt. Wt.
Body Building Champion

2008 IFBB USA Women's
Body Building Team for
World Championships

Client of the Quarter:



Karen Sabin

Age: 57

Occupation: Accountant/Controller

What were your reasons for working with a personal trainer? I needed to be motivated & accountable. I would start an exercise program and then quit. I wanted someone to "push me" and Kim does that very well.

What were some of your goals you set prior to starting your fitness program? Strength & Toning (particularly my arms)

How long have you been training with Mission Accomplished?

Since August of 2007 once or twice a week. Also participated in the summer 2008 Boot Camp...it was fun and great way to get in shape!

What are some achievements you have accomplished since working with Kim? Increased strength, better posture, toned arms, abs & back, and inches lost in hip area. Exercising is a great stress reliever for me and I sleep better too. Having a personal trainer is one thing I do for myself to help me feel & look better and stay healthier. My husband loves the results too!

What are some difficulties you faced and how did you overcome them? Losing weight was difficult. I made progress with the strength & toning but had a hard time losing pounds. I finally tried South Beach diet and lost 14lbs. The combination of changing my eating habits along with my workouts made the difference.