

**Get Up,  
Get Out,  
Get Going!**



**“The definition of insanity is doing the same  
thing over and over and expecting a different  
result.”  
Albert Einstein**

Kim Cullen  
Personal Trainer  
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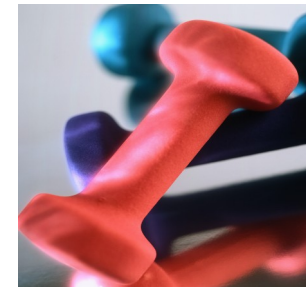
BROCHURE WRITTEN BY

COMMUNICATION ARTISTRY

*Getting you going.*

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# Kim Cullen Personal Trainer



Phone: (905) 877-2117

## Getting You Going!

Congratulations on your decision to make some changes to your routine. Whether you have never trained before or have experience working out at a gym or at home, I am committed to working with you so that you can obtain the results you're looking for.

As your trainer, you will discover that your goals are my goals as I motivate you through a fun and challenging programme. You can expect encouragement every step of the way!

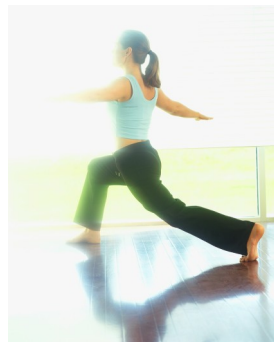


Certified Personal Trainer—Can-Fit-Pro

Certified Fitness Instructor—Can-Fit-Pro

## Why a Personal Trainer?

A personal trainer can bring dramatic change to your lifestyle and overall well-being. What can I do for you?



- 1) Assess your current fitness level,
- 2) Consider your goals,
- 3) Devise an individually tailored regime to help you achieve those goals quickly and safely.

## Benefits

A consistent, focused workout has numerous benefits:

- 1) Improved flexibility and range of motion,
- 2) Increased strength, muscle mass and bone density,
- 3) Increased endurance, strengthened heart and lungs,
- 4) Fat burning benefits.

## Rates

\$50 per session

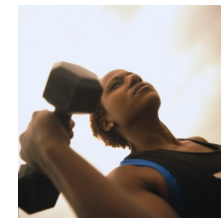
\$45 per session (10 or more booked)

\$40 per session (20 or more booked)

Semi-private (2 people) \$30 / person

Group (3-5 people) \$25 / person

(Prices not including GST)



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