

THE **FIT**Effect



KARIN SHEPPARD

CPT

Fueled by passion to help people I have embarked on an exciting chapter of my life showing others how to achieve fitness.

I joined the Fit Effect four years ago looking to improve my health and lose weight. Since becoming a member and now part of the training team I have accomplished and learned so much about how to really achieve results. Results for me have been losing nearly 80 pounds and gaining strength that has helped me excel at many aspects of my life.

For years I have been part of a competitive Dragon Boat paddling team and I am stronger then ever now due to joining the gym and embracing all the lifestyle changes learned here.

For me, working with clients and guiding their success is the most rewarding thing I have ever done. My approach is holistic, helping clients understand food, proper weight training and effective cardio.

Feel free to message me to set up a free consultation or flag me down at the gym. Lets chat about your goals and get you fit!