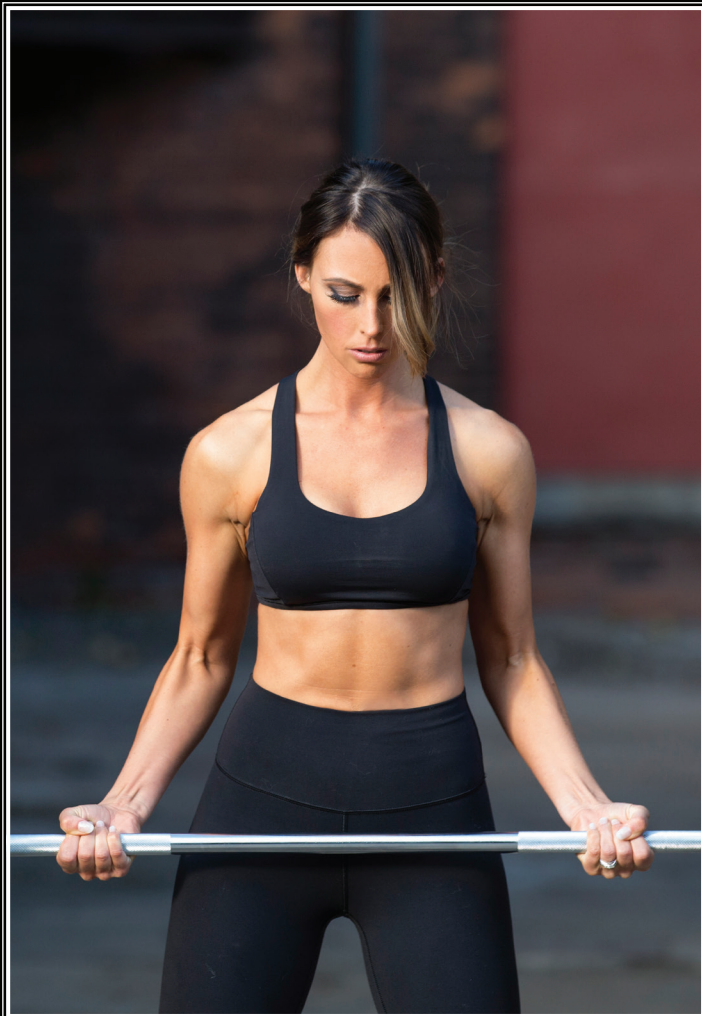


THE **FIT**Effect



BRANDY KERR

CPT

Let me tell you a little bit about myself... I have not always been healthy and fit. In my early 20's shortly after my daughter was born I wanted to get in shape for my upcoming wedding. I got a gym membership but I had no clue what I was doing for probably close to a year. I never really got the results I was looking for. I was what you called "skinny fat". not fat but no real muscle tone or definition. I was frustrated so I hired Nick Hayward to kick my butt. He taught me how to push myself out of my comfort zone. I started seeing results, I started building muscle. This is when I started to develop a passion for health and fitness and became a certified personal trainer.

A lot of people are hesitant about hiring a personal trainer for many reasons. DON'T BE! I am confident that I am the perfect combination of tough and kind. I will push you to your limits but work within your means. I want to work for you and with you to help you achieve and surpass your fitness goals and adapt to a healthier lifestyle.

Fitness is effort; there are no short cuts in fitness but anything worth having is worth working for, sometimes we just need a little guidance or that extra push. I am very excited to be joining the Fit Effect team in my home town of Paris.