



# Can't afford a personal trainer? I'll teach you to train yourself.

Learn the following skills and fitness fundamentals:

- Methods of weight training
- Customizing a training program for your needs and abilities
- Judging appropriate cardiovascular workouts
- Correct use of a heart rate monitor
- Your aerobic and anaerobic heart rate zones



## About Rena Kirkland

My specialty is providing fitness education to my clients. At the end of working with me, you will have a training program along with a basic understanding of how to implement your training. If your focus is weight loss, weight gain, injury prevention, or preparing for a specific event, my goal is to provide you with the necessary tools for achieving your goals.

“Working with Rena has enhanced the outcome of my invested workout time immeasurably! Rena successfully guided me away from a monotonous routine with many bad habits and few favorable visible results to a robust workout regimen that includes appropriate food choices, effective cardio training, and a ‘new body’ through more efficient weight training. Rena is well versed in fitness and nutrition, and offers a well rounded guidance program that I can manage even on the days when we cannot meet.”

—Fran C.

## Prenatal Fitness Program

- Program design for the duration of your pregnancy, including:
  - Resistance training
  - Cardiovascular training
  - Core strength training
  - Balance and flexibility training
- Fitness binder with personalized training programs
- Nutrition guideline handouts
- Postnatal weight-loss strategies

## Maintenance Fitness Program

- One 1-hour training session per week
- Program design, including cardiovascular, resistance, and flexibility training
- Fitness binder with personalized training programs
- Estimated aerobic and anaerobic threshold testing
- Body fat composition and measurements

## Certifications and Education

- Certified Strength and Conditioning Coach through NSCA
- Certified Personal Trainer through ACE
- Certified Trainer in Integrated Body Conditioning
- MA in Educational Psychology
- BA Psychology



Please sign up and Rena will contact you

Name Phone


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