

Kristy Butterfield

Personal Trainer
Wellness Coach

ACSM Certified Personal Trainer
WellCoaches Certified Wellness Coach
MBA

My hobbies include biking, ceramics, and horseback riding.

Commit to taking care of your health every day, in every way. Resist the temptations that beg you to stray and give in. You are stronger than that; you are better than that.

Be your own biggest fan – you are worth it!