

# Kenneth Holvenstot

## Personal Trainer

### **International Sports Sciences Association:**

Personal Trainer

Elite Trainer

Corrective Exercise Specialist Coach

Certified Nutritionist Coach

After going through my own fitness journey I realized I could help others in their journey, and also, that I really enjoyed it!

I enjoy going through the research & studies, so I understand how exercise and nutrition provides us with wellness. Not only to make sure we are preventing illnesses and injury, but also for recovery.

My hobbies include outdoor activities such as hiking, camping and long walks. I also enjoy playing competitively in volleyball and cornhole!

My daily routine usually includes working out, coffee, homeschooling my daughter, and spending time with my family.

I ask for 3 things with my clients; Show up, put in the work, & be consistent. Progress will happen if you do all 3!