



Total Woman

FITNESS

by *Kaho* Athletic Club

Brenda Terry

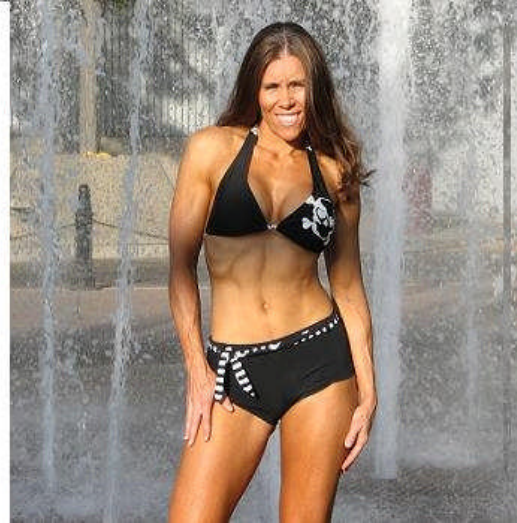
Qualifications:

ISSA, CPR

Other Certificates:

Exercise Nutrition

Weight Loss Management



Brenda has been living the fitness lifestyle for 8 years now. She absolutely Loves It! That is why she became a trainer. So she could help people live a quality of life that they can enjoy for years to come. She has worked with 2 x Olympia winner Jenny Lynn. In 2004 she had her picture published in *Hormonally Intelligent Exercise Book*. In 2007 was a Top Finalist in Hot Bod Contest. Then was featured on Dr. Hatfield's web-site as April's Athlete Of The Month. She has experience in competing and training clients to win in figure shows. **If you have any questions, please ask. She would love to help!**