



Total Woman

FITNESS

by *Kaho* Athletic Club

Kylan Hulsing

Qualifications:

Bachelor Degree in Health & Physical Education

ACSM Health Fitness Specialist

CPR/AED/ACLS Certified

NCSF Personal Training

Certified



I have been physically active all my life participating in all types of sports at the high school and college level. In college I decided I wanted to share my passion for fitness with others by majoring in Health and Physical Fitness and becoming a Personal Trainer. The past year I have worked in a Cardiopulmonary Rehabilitation Center working with a wide variety of people. Helping them to live happy, healthy lives through fitness, nutrition and lifestyle changes. I look forward to becoming part of the Total Woman Fitness team!

Fit Pro Motto:

“Don’t let the things you cannot do stop you from the things you can”- John Wooden