

My true passion is to help improve the lives of others. I believe true success in life is for each person to be able to live their full life. Knowing that each person can achieve whatever they wish to as long as they are willing to Value Self and look for ways to overcome their obstacles. Each person was created uniquely in their own beautiful way, many with all the same capabilities and ability to achieve if they are willing to believe in themselves. For many years I did not believe in myself. I now realize I have the ability to do anything I set my mind to with the support of God and my family. I also realize that I can have happiness today! A perfect body and a large bank account, does not guarantee true happiness. All things I own today are just temporary. The gift of health I share with others and the memories I leave with my family ARE and WILL be my true success in LIFE.

Number of Years Practicing: 18

Professional Certifications

CHEK Practitioner Level 2
CHEK Exercise Coach
CHEK Holistic Lifestyle Coach
ACE Personal Trainer
ACE Lifestyle & Weight Management Coach
Gray Cook Functional Movement Specialist
Egoscue Posture Alignment Specialist
IFPA Personal Trainer
IFPA Sports Nutrition
IFPA Advanced Personal Trainer
IFPA Master Personal Trainer
AEA Aquatic Fitness Professional
AA in Business

Professional Accomplishments

Mother of two beautiful girls
Wife to Herson Garcia
Helped improved the lives of more than 3500 people

Founder and Owner of:

- Kim2bfit
- GIME Fitness
- Wholota Wellness Company
- Hernando Health Experience
- GIME NOW Program

Previous Wellness Coach to Audio Visual Innovations
Motivational Health and Wellness Speaker at organizations such as
Accuform, Challenger Middle School, Florida Center for Gastroenterology
Chair of Hernando County Childhood Obesity Taskforce
Chair of Hernando County Intergenerational Committee
Writer for Hernando Today
Featured on ABC, FOX, NBC and in Women's Health Magazine 2

Continuing Education

Scientific Back Training
Scientific Abdominal Training
Program Design
Advanced Program Design
Dynamic Med Ball Training
Swiss Ball Training
Advanced Swiss Ball Training for Rehab
Equal But Not the Same Training for Women
ACE Working with 50 and Older Adult Clients
ACE Group Fitness Course
ACE Youth Fitness
ACE Youth Strength Training
ACE Exercise Adherence
ACE Nutrition for Health and Performance
ACE Common Health Challenges for Older Adults
ACE Strength Training for Older Adults
ACE Exercise and Osteoporosis
ACE Aging Gracefully– Balance and Fall Prevention
ACE Understanding Dietary Guidelines for Americans
ACE Fitness and Menopause
ACE Mindful Exercise Review for Fitness Professionals
ACE Aquatic Exercise
ACE High Intensity Strength Training
ACE Practical Guide to In Home Personal Training
Shapes Group Fitness Certification
Regular Attendee of ECA and SCW Fitness Conferences

Fitness Accomplishments

The ability to balance work/home life along with maintain a healthy lifestyle

Completed:

- Five Half Marathons
- One 10k
- Three 5k
- Two 3 Day 60 Mile Walks for Susan G Komen
- 19 years of self improvement