



## Kim Elsing

ACE-CPT

### **CERTIFICATIONS:**

Certified Personal Trainer – ACE | Fitness Nutrition Specialist – ACE | Non-Diet Weight Management – ACE | Metabolic Conditioning Specialist – ACE | Holistic Life Coach Training – Global Association of Holistic Psychotherapy | Kettlebells – Level 1

### **AREA OF SPECIALTY:**

Strength training, nutrition and lifestyle coaching, endurance sports, running, movement screening, corrective exercise, and small group training.

### **EXPERIENCE:**

I have been a nationally certified trainer since 2011 but started teaching in the fitness area since 2009. Besides Personal Training I am a group fitness instructor, certified in MOSSA Strength Train Together class, and have created programming for the fitness department and taught several specialty classes. My career in fitness has been within the Green Bay Y organization, but I spent many years coaching girls' soccer, ending my coaching career in club soccer with my oldest daughters.

### **TRAINING STYLE/PHILOSOPHY:**

My philosophy is to understand, teach, and motivate. Educating my client in the how's and why's about exercise, fitness, health, and wellness is a key to future success. Through comprehensive programming that engages the interest of my client, with proper incremental challenges, and a focus on learning a love for exercise and taking control of the state of their body, all while having fun, I'm able to motivate my clients and help them reach their goals.

### **MY PASSION FOR FITNESS COMES FROM:**

I became passionate about fitness when I began my own health and wellness journey in 2005. The impact that creating a lifestyle of health, wellness, and fitness had on my life was something I knew I needed to help others with.

### **MY PROUDEST MOMENT WITH A CLIENT:**

Helping a client after a knee replacement go from walking like she still was using a cane to taking group tennis lessons with her girlfriends in just one year's time was a moment of pride that reminded me how important and impactful my job is.

### **MY FAVORITE QUOTE OR MOTIVATIONAL SAYING:**

"You can't out exercise a bad diet." – Anonymous

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Contact Kim at [kim.dart@greenbayymca.org](mailto:kim.dart@greenbayymca.org) or 920 436 9622  
to schedule your training session or **FREE** consultation.

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