

SPOTLIGHT



a weekly feature of the Kennebunk-Kennebunkport-Arundel Chamber of Commerce

Kimberly Helene Health & Fitness

How long in business?

2 years!

Primary business/service offered?

Kimberly Helene Health & Fitness is a virtual and in-person personal training business. I provide strength and endurance training, mindset coaching, and nutritional consultation. Clients gain more energy, develop lasting strength and build confidence while creating a healthy lifestyle that supports long-term longevity.

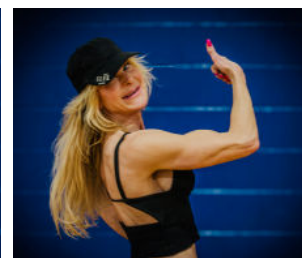
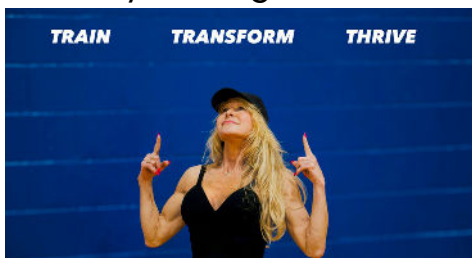
What makes your business special?

Kimberly Helene Health & Fitness is unique because I not only offer personal training, education, mindset and nutritional coaching, I also provide a strong circle of community and accountability. I share over 40 years of education and first-hand experience as a lifelong athlete. I am a fitness competitor and triathlete. I began competing in sports (figure skating) at 9 years old and am still an active competitor at 57.



Best thing you sell/serve/do?

I teach clients how to build strength, burn fat, understand how much protein their bodies need and then help them stay consistent and accountable. With coaching that's virtual and flexible, workouts fit right into a busy life. Clients finish each session knowing what to do and understanding the purpose behind each workout in regards to mobility, strength and balance.



Something people don't realize about your business/services?

The real transformation continues between sessions. Clients have 24/7 access for questions, encouragement, and accountability. This makes it easier for clients to stay consistent. Many people do not realize that they can train virtually - this is a good option for people who lead busy lifestyles, such as moms or entrepreneurs, or people who prefer to workout at home opposed to a gym.

Contact Information

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