

Kevin Barnes

Wellness Coach

I specialize in working with adults to achieve their weight loss and body strengthening goals.

I, myself, lost 35 pounds after finally pairing mindful nutritional choices with a well thought out weightlifting training program. Focusing on nutritional adjustments is key during the initial stages of a mind and body transformation journey.

Just begin to make small, incremental changes from where you are now in order to create remarkable change. Full-body workouts are where it's at when we are looking to lose weight and to add lean muscle mass.

Adding lean muscle mass to our bodies fires up our metabolism, as active muscles are hungry muscles. It's important to create an effective mix of resistance training and cardio-based training to place us in the sweet spot for muscle building and fat burning.

If you're looking for someone to guide you on your own mind and body transformation journey, I may just be the person that you're looking for. Book a consultation with me so that we can learn more about each other to see if we are a good match.

Let's do this!



Contact Me

208-484-4288

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Interests

- HIIT
- 80's Rock
- Running
- Baseball
- Beach Bum
- Football
- Road Trips
- Plyometrics
- Motocross
- Weight-lifting
- Balance Training
- Helping Others Move

Credentials

- Certified Personal Trainer, National Academy of Sports Medicine
- Certified Nutrition Coach, Precision Nutrition
- CPR/AED Certified

