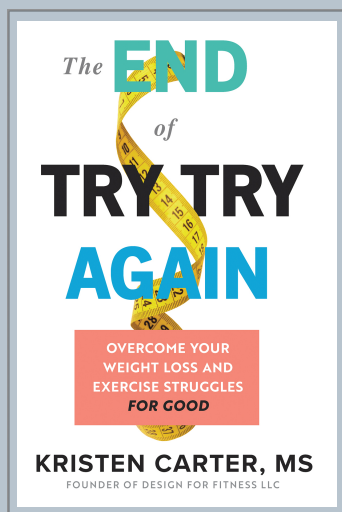




KRISTEN CARTER, MS

Exercise Physiologist

My book brings a whole new perspective to the problem of losing weight and getting more exercise. It explains why it can be so hard and so confusing to do something that we know is good for us. This is NOT an advice book or another diet. It lets you know that you are not alone in feeling resistant to change. Discover a new lens for looking at your health decisions. Find the easy to implement solution to the whole mess of diet and exercise.



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KRISTEN CARTER, MS

Professional Profile

Kristen Carter, MS, is the founder of Design for Fitness LLC and has been working in fitness and nutrition for over 30 years. She is the author of *The End of Try Try Again*, creator of the popular *Design for Fitness Health & Fitness Blog*, and the *Psychology Today Health and Human Nature Blog*.

Her Story

Kristen has always been a big fan of science, exercise and nutrition. Oh yes... there's one other thing she is a big fan of. That is learning! She has completed multiple certifications and a graduate degree in Exercise Physiology, and continues to stay on top of current trends and research.

She has been involved with weight loss programs and exercise programs for people around the state of Pennsylvania. She has also been involved with research programs through the Philadelphia Department of Aging.

Kristen spent many years working in a Physical Therapy Clinic, assisting with physical therapy and working with people on their fitness after rehabilitating an injury. This was a great opportunity to learn more about how our bodies work, or sometimes don't work!

Statistics show that the percentage of people who are overweight, obese, and sedentary has been growing. Additionally, it is estimated that 80% of Americans do not get the recommended amount of exercise that will result in health benefits for them.

Kristen re-examines the tools we have been using to lead healthier lives by taking a fresh look at some of the challenges we face. Obstacles such as images created by the fitness industry, commercialism in gyms, pressure from those selling the latest fad, body/brain chemistry, human nature, fast food, and our own busy lives and current lifestyles.

Certifications and Media Experience

Kristen's training and certifications include Certified Precision Nutrition Coach, Certified Personal Trainer, Certified Titleist Golf Fitness Specialist, Lifestyle Management and Weight Control, Health Coaching, and a Master's Degree in Exercise Physiology.

Kristen has been on national podcasts, live radio, and YouTube interviews. She is a public speaker, workshop leader, and author of numerous articles thru her blogs.

More About Kristen

Kristen is based in the foothills near Denver where she takes advantage of the great outdoors to exercise and appreciate nature.