



**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.



### CONTACT

designforfitness.com  
kcarter@designforfitness.com  
Cell +1.267.280.6632  
Denver, Colorado



## Do You Have a “Maybe Later” Approach to Diet and Exercise? Here’s Why This Happens

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*.

### Media Presentation Ideas

#### 5 Fitness Paradoxes

Some “good ideas” that actually aren’t so good.

#### How Sheltering at Home Can Make You Healthier

Making a new normal for yourself.

#### Why “Listening to Your Body” Does NOT Work

What to do instead.

#### Why You Don’t Want to Lose Weight and Exercise More

Surprise! It’s not a question of motivation.

#### 3 Quick Health and Fitness Myth Busters

They will change your approach to diet and exercise forever.

#### Your Fitness and Diet Toolbox

It’s all about the right tools (hint: it’s NOT a treadmill!).

#### 3 BIG Questions to Ask Yourself

before starting a new diet and exercise program that will guarantee your success.

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.



AMERICAN COLLEGE  
of SPORTS MEDICINE  
LEADING THE WAY

