



Kristen Carter, MS

Author and Health Coach Exercise Physiologist

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 including, fitness industry standards, gym commercialism, fad marketing pressure, physiological factors, human behavior, fast food culture, and the demands of our modern lifestyles.

Kristen is deeply passionate about science, exercise, and nutrition, but her true love lies in learning. With multiple certifications and a graduate degree in Exercise Physiology, she remains dedicated to staying abreast of the latest trends and research. Having spent years in a Physical Therapy Clinic, Kristen gained invaluable insights into the intricacies of human anatomy and rehabilitation post-injury.

Certifications & Education:

- Certified Precision Nutrition Coach
- Certified Personal Trainer
- Certified Titleist Golf Fitness Specialist
- Certified Health Coach
- Master's Degree in Exercise Physiology



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Get in Touch:

+1. 267. 280. 6632

kristen@kacarter.com

designforfitness.com

Ask me About:

5 Fitness Paradoxes: Some “good ideas” that actually aren’t so good.

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.

Your Fitness and Diet Toolbox: It’s all about the right tools (hint: it’s NOT a treadmill!).

3 BIG Questions to Ask Yourself: Guarantee your success before starting a new diet and exercise program.



The End of Try Try Again

Kristen brings a 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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