



# KARILEE MARCIKIC

## ***Certifications and Education:***

- ACE Certified Personal Trainer
- Health Coach, ACE
- Group Exercise Instructor, ACE
- Senior Fitness Specialist, ACE

## ***Why I Do What I Do:***

*I struggled with my weight all through my teen and early adulthood years. After I had my first son, I decided it was time to get in shape! I fell in love with working out. I lost about 75 pounds. Friends and family were inspired by my transformation and started asking me for help. I loved it so much, I decided to make it official and got certified as a trainer. I have been training since 2005 and I still love it!*

## ***Training Philosophy:***

*It's important to build a solid, safe foundation before moving on to more challenging fitness endeavors. Good form is key, as is good technique. But I also feel like exercise should be fun! I like variety in my own workouts, so I strive to provide my clients with fun workouts that never get boring. It's important to be strong and have good endurance, but I find that a lot of people miss out on working on things like balance and flexibility, so each workout includes those elements as well.*

## ***Specialty:***

*I have worked with and enjoy working with all ages and fitness levels. But in recent years I have found I really enjoy working with older adults. I have a certification in Senior Fitness. I also know what it's like to have a significant amount of weight to lose, so I can help and work well with those who want to lose a larger amount of weight.*

## ***A Little About Me:***

You will probably see me singing, dancing, or whistling down the hallway here at Lakeview. I love music, and I love to sing! I am also a wife and a mom to two great boys. We like to ride bikes and watch movies together. I love trying new, healthy recipes. I love being outdoors and hiking in nature.