



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Meet Your Trainer: KELSEY GSCHWIND



HI My name is Kelsey, and I am a certified personal trainer and certified fitness nutrition specialist through ACE. I am a Lexington native who also grew up in my hometown YMCA! I am a UNK alum, an avid hunter, and dog mom to 2. I have been in the working fitness industry for a little more than 3 years but fell in love with working out 10 years ago. I am excited to meet all of the amazing members and help them reach their goals!

As a certified nutrition specialist, I will help you with your current food intake and find healthier options while staying away from calorie and macro tracking. I

will help you focus on goal setting and hydration. I can also give you workout tips if you choose.

My training philosophy is, **“You can’t out train a bad diet,”**
and “Get comfortable with being uncomfortable.”

Contact Kelsey today by email at kelsey.gschwind@yahoo.com or
by phone at (308) 325-8907



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Kelsey's Nutrition Training Rates

30 Minute Individual

Session 1 includes a current diet review with recommendations on small tips for improvement and 2-3 goals to focus on changing. Session 2 will include a review of the desired goals, how to improve and add to those goals and helps with struggles from the last two weeks (nutrition meetings are biweekly). The sessions will help clients find foods that are healthier and foods that should be more limited. Sessions will include training tips if you choose.

1 Session: \$30 member

2 Sessions: \$40 member

6 Sessions: \$100 member