BRET KLIETHERMES *is owner of* **STRONG HUMAN FITNESS LLC**, *a personal training company that offers Complete Fitness Programs to help his clients reach their personal health and fitness goals. Bret has a Bachelor of Science in Health & Wellness Promotion from Missouri State University, is a Certified Strength & Conditioning Specialist and Professional Member of the National Strength and Conditioning Association.*

Bret works with clients at The Fitness Partner, Inc., a boutique gym located at 14528 South Outer 40 Road, Chesterfield 63017. For 25 years, owner/operator Randy Stone has offered a more private alternative to the large box gyms that are often noisy and overcrowded. Now Bret has purchased The Fitness Partner, and Randy continues to train his clients there.

Bret offers both private and semi-private training to fit all budgets and schedules. For a no-obligation, no-pressure consultation to discuss your goals and programs, you can call Bret at 314-691-9040, email bret@stronghumanfitness.com or visit www.stronghumanfitness.com.

What Is Keeping You from Reaching Your Weight and Fitness Goals?

A COMMON-SENSE APPROACH TO GET YOU STARTED AND KEEP YOU ON TRACK.

BY BRET KLIETHERMES

Let's face it: most of us would like to improve our appearance, increase energy, lose weight and improve our strength. And we have tried numerous times and using different ways to accomplish those desires: dieting, trying to get more exercise, joining a health club, or buying some miraculous new piece of exercise equipment or dietary supplement.

There are two very simple reasons these efforts don't succeed, or have limited or short-lasting results:

1. THE ANSWER IS NOT JUST ONE THING: BETTER EATING OR LOSING WEIGHT OR GETTING IN BETTER SHAPE. A meaningful improvement in your weight, fitness, energy and strength is determined by the combination of your intake of energy – consumption of foods and beverages - and how you expend that energy to improve body function. We tend to grasp for one solution at a time – eating better, losing weight, or trying to start an exercise program. Goals for real change can only be met with an effective, integrated approach that has them all working together to achieve what we want.

2. MOST PEOPLE JUST DON'T HAVE THE EXPERTISE TO KNOW HOW TO ACCOMPLISH THESE GOALS BY THEMSELVES. As with any really important endeavor, many things you don't know can keep you from getting where you want to go. There are techniques to help you get started and to make real progress on a balanced exercise program. These will enable you to see and feel results early in the process, without becoming discouraged or hurting yourself. And there are nutritional guidelines for a meal plan to help you maximize the benefits.

An effective coach gives you hands-on supervision, encouragement and also a sense of accountability that make sure you stick with your program in the critical first weeks when you will start to see and feel results. With the right guidance, you very soon get in the groove where the new habits become self-perpetuating, and you have the momentum to keep going to achieve your goals. And the really good news is that you will feel better because you will have more energy, confidence and a sense of accomplishment that are the rewards for your efforts.

If you have been frustrated by past attempts to achieve your goals on your own, then I would recommend that you not waste another single day. I have helped dozens of clients achieve their goals and I can help you, too.

EMMA DICKHERBER *lost 20 lbs. and boosted her confidence*