

Carl Ekstedt, Certified Personal Trainer (CPT)
(507)399-9819
wholefitnesstrainer@gmail.com

certified by the National Academy of Sports Medicine (NASM) Sports Performance Specialist

12+ years experience

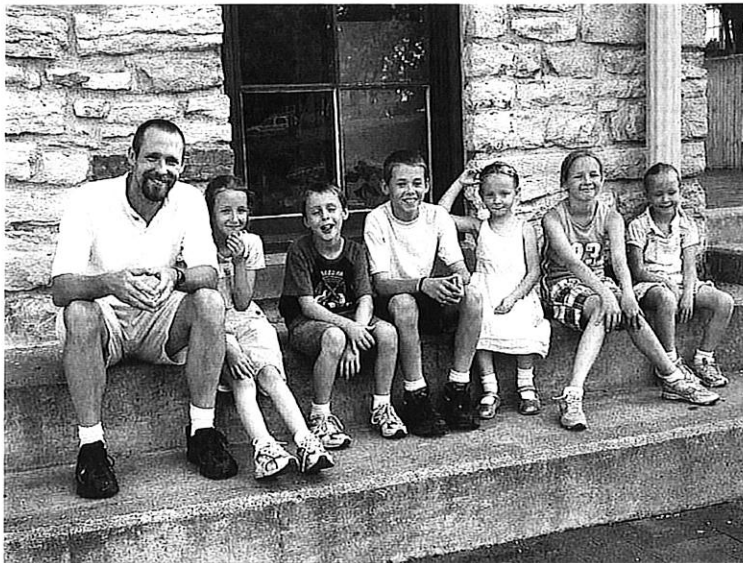
I believe fitness is not just about the physical body, but is a combination of physical, mental, and spiritual health – whole fitness.

I'm here to help you make a lifestyle change that will result in a healthier, fitter, more confident you, starting now and for years to come.

What you can expect from me:

- ~ free pre-training assessment to determine reasonable, accessible fitness goals for you
- ~ 50-minute sessions of professionally guided, personally tailored workouts
- ~ nutrition counseling
- ~ confidentiality
- ~ honest facts about fitness, instead of hype and fads

About me:



I am happily married to my high school sweetheart, and we have nine children. We are new to Blue Earth – we moved here from Omaha about 2 years ago.

I played soccer, baseball, and football in high school. I have competed in Highland Games competitions, and I was NorthCoast Champion in Muay Thai.