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Be Fit For Life Archives Available

August 04th 2014: Special Encore Presentation: Ignite your internal spark to create a balanced life of the body, mind, and spirit!

What are you passionate about? What gets you excited to get out of bed everyday? Joining me on Be Fit...For Life this week is personal trainer, nutrition coach, and athlete Kim Schaper. Kim has a true passion to help others achieve not only their physical goals but help ignite that "internal spark" within each of us to create a balanced life of the body, mind and spirit. Kim has a unique story to share with the world and one that is truly rare. As a current athlete and woman of top physical fitness she wants people to know that it was not easy. With her own struggles of an exhausting eating

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Featured Guest



Kim Schaper

KIM SCHAPER is rapidly excelling in the fitness industry as one of the top women to represent both health and overall well-being. She has a basket full of talents ranging from nutrition coaching and public health speaking to cycling and personal training. Kim has a unique story to share with the world and one that is truly rare. As a current athlete and woman of top physical fitness she wants people to know that it was not easy. With her own struggles of an exhausting eating disorder ranging from anorexia to obesity she can relate with the likes of these individuals and everyone in between. Kim has a true passion to help others achieve not only their physical goals but help ignite that "i

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