

## Welcome to A Better Body

Thanks for visiting my site! My name is Jeff Klennert and I am a Colorado Springs personal fitness trainer/water ski instructor. With thirty years of training and dieting experience my life has been dedicated to health and fitness. I offer customized training for all levels of men's and women's fitness. Working with a personal trainer is the safest and most effective way to achieve your health and fitness goals.

Whether you are looking to lose fat, gain muscle, reduce stress or increase your strength and flexibility, I can help. I will provide you with the guidance and knowledge you need to achieve the results you desire!

By carefully analyzing your personal goals, exercise history and fitness assessments, I will design an exercise program that is safe, effective and specifically tailored to your individual needs. You will see results - guaranteed! Free Consultation It all starts with a call to set up your free consultation. Together we will discuss what is important to you. I want to understand your goals and what motivates you to strive toward your better body. In addition, we will need to assess your medical history, past injuries, limitations or concerns, what type of work you do, and prior fitness history.