



## Trainer Workshop Kristin Dupuis

# SMART Goal Setting

August 22<sup>nd</sup> at 11am *OR*

August 23<sup>rd</sup> at 6pm

1st Floor Conference room

Struggling to achieve your health and fitness goals? Talk with personal trainer, **Kristin Dupuis**, as she helps you discuss how to set goals and accomplish them using the S.M.A.R.T. system. Topics will include how to create effective goals, self-motivation techniques, and real-life suggestions on how to reach some of the most common goals people set in the gym.

*Kristin is a graduate of the University of Michigan with a BS in Evolutionary Anthropology Masters in Exercise and Sports Medicine with a concentration in Exercise Physiology from Western Michigan University  
Certified Exercise Physiologist – ACSM  
Professional Coach Advocate – The Coaches Registry*

Register: Please call the Fitness Desk at (262) 513 - 7214 or email [Anne.Barber@phci.org](mailto:Anne.Barber@phci.org)