

Discover Lac du Bonnet: *You were recently voted Canada's best personal trainer by readers of Get Out There magazine. How did it feel?*

Kim Ogren: Receiving the award from *Get Out There* magazine felt quite good. It's always nice to win! I have great support from my participants and clients in Lac du Bonnet and Pinawa. This is the second year in a row that they've voted me to a win. I heard that 900 people voted this year and love the fact that a trainer in small Lac du Bonnet won over trainers in urban centres throughout Western Canada. That is good feedback for me as a trainer.

DLdB: *What got you started on the road to personal training?*

KO: I decided to get into personal training because I found, through my group fitness classes, that a lot of people were concerned about taking group classes because they didn't like that other people would be looking at them. I assured them that people only look at me, but they would say that they would train with me if it could be one-on-one. I signed up for courses and got my certification as a personal trainer four years ago.

DLdB: *What do you love so much about personal training?*

KO: I love training. I love working out. I love working out

with people. I want people to be fit and feel good about themselves. I want them to make changes, and get results.

DLdB: *What is it about Lac du Bonnet that makes it such a great place to train?*

KO: This area is unique because it's a small town, which means there is a small pool of people to draw from compared to a city. I am fortunate that this is such an active community, so there is always demand for fitness programs. Also, being in a small town means people know you personally and by reputation. Creations Gym lets me train clients and advertise in their facility and the schools and Community Centre are great at providing space for group classes.

DLdB: *What do you enjoy most about working with your clients?*

KO: I have had women fit into bathing suits they never thought they'd fit into, men who had to buy new belts to fit their smaller waists, and I receive texts from clients thanking me because someone just told them how good they are looking. Every time I help someone achieve a fitness goal, I feel good about my job.

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