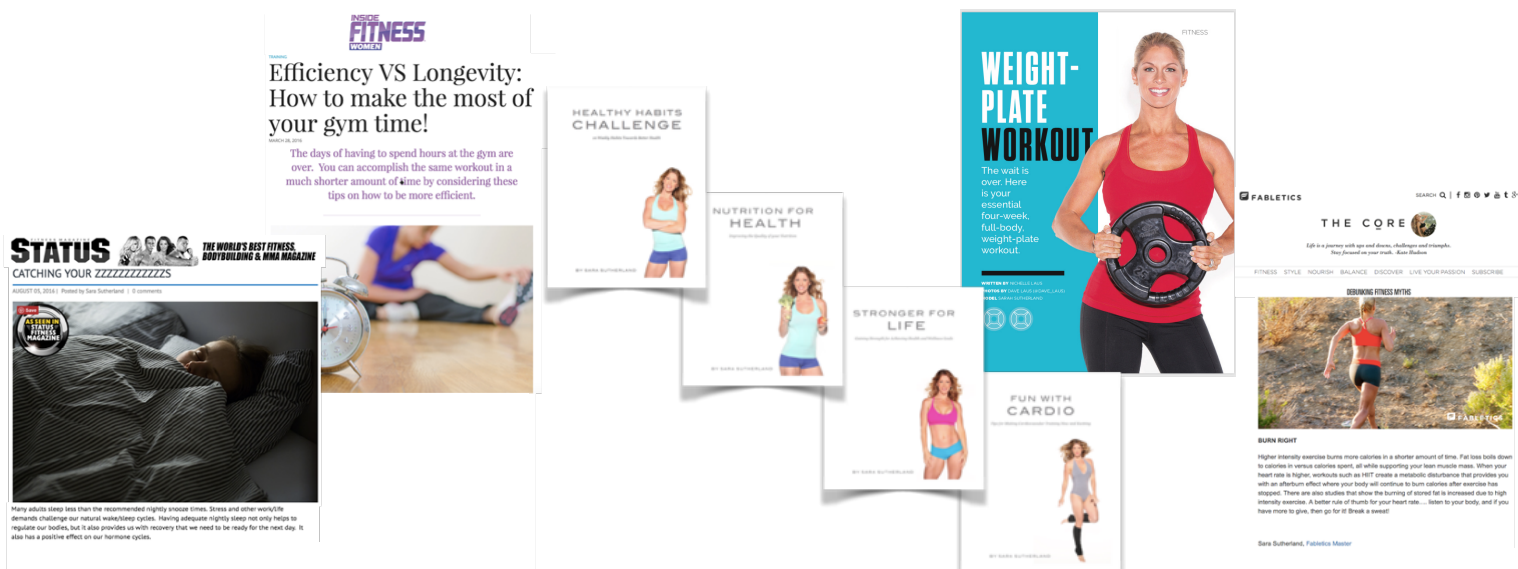


SARA SUTHERLAND

PERSONAL TRAINER | PN PRO COACH | GYM OWNER | MOM OF 3



AS FEATURED IN

SHAPE

ProactiveHealth
MAGAZINE

FITNESS
GURLS

NM
NATURAL MUSCLE
MAGAZINE

oxygen

FABLETICS

D'FYNE

INSIDE
FITNESS

HITCH/HIT
Living

STATUS

FIT&FIRM
MAGAZINE

KANSAS CITY
F

INTERVIEW TOPICS

- Building a Foundation of Healthy Habits in 10 weeks
- Balancing life as mom and entrepreneur
- Fit at 40 and Beyond: It is NEVER too Late to Start!
- Importance of Heavy Strength Training for Women



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