



Understand and Manage
Diabetic Nerve Pain

DiabetesPainHelp.com

Kim Lyons

Fitness Expert, Professional Trainer and Certified Nutritionist

With over ten years of experience as a personal trainer, Kim Lyons – former trainer on NBC’s hit show, *The Biggest Loser* – has quickly become an icon in the health and fitness arena. Armed with a positive attitude and a winning smile, she has inspired a nation to achieve their goals of living a happy, healthy lifestyle. She chose to become involved in the “Take the Next Step” program because of her commitment to helping others do more and achieve their potential through modest exercise and emotional support.

With a unique combination of proper nutrition and effective exercise programs, Kim has helped inspire a nation to live a healthier lifestyle. Kim understands the psychological and practical barriers facing those starting a new activity program, and offers simple strategies to help anyone understand their potential, and build their confidence to help get back to doing what matters most to them.

Kim has years of experience training people who have diabetes and who suffer from painful diabetic peripheral neuropathy, and has recently partnered with Start Fitness Now to release a series of three workout DVDs targeted to people with Type 2 diabetes.

Kim’s first book, *Your Body, Your Life*, published by Sterling, made a strong appearance on all major book store shelves in January 2008. She is also featured in the best-selling *Biggest Loser Cookbook*, *The Biggest Loser Fitness Program*, and *The Biggest Loser Workout DVDs*.

Kim has been featured on leading broadcast programs and print publications including *The Today Show*, *Access Hollywood*, *ET*, *Larry King Live*, *The Insider*, *MTV*, *Extra*, *People Magazine*, *TV Guide*, *US Weekly*, *Los Angeles Times*, *Self*, *Allure*, *Woman’s World*, *Muscle and Fitness*, and many more. She has written dozens of fitness and nutrition articles for publications world wide, and is unique in bringing in the often neglected emotional coaching that goes hand in hand with the workout and nutritional aspects of achieving ultimate health.

Kim attended Colorado State University, where she graduated with a degree in Human Development. Shortly after graduating, she took a more serious approach to weight training while battling her own weight issues. Her life-changing experience prompted her to attend the National Academy of Sports Medicine where she became a personal trainer. Kim is also a certified nutritionist. She segued into fitness competitions and quickly won national and international titles. In 2002, she earned her International Federation of Body Building and Fitness (IFBB) Pro card, marking her place as one of the top fitness competitors in the world.

Kim is currently working on her state of the art, grip free, resistance band training system, a complete DVD workout series, and her next book.

