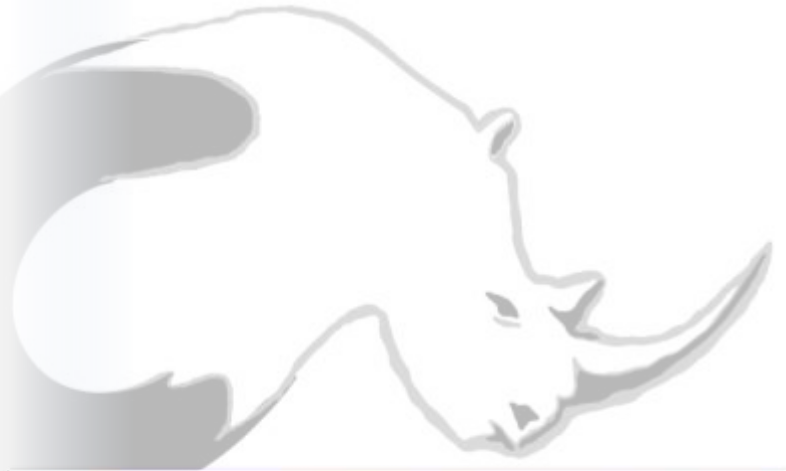


Ken Bromley

COACH RHINO



My 25+ years in the fitness business have taught me that the answer to one person's fitness needs can be very different than another person's needs. The wants may start out sounding very similar, but the solutions to those wants are ALWAYS very individual.

INTERESTING EXPERIENCES:

- Helped a woman lose 8 sizes in 8 weeks and only lost 8 pounds – this was a great lesson in what “Body Composition” really means.
- Helped a 59 year old man run 104 miles in 24 hours – only one person beat his distance, a young man of 28 years!
- Helped an elderly couple find the right path for medical care... “because 80 don't mean dead”... he still “shoots near his age” in golf – we made sure his doctors didn't make assumptions based on his age.
- Helped a beautiful young woman leave the “Big Girl” section of the department store for the first time in her 18 year life – to literally see someone learn how powerful they are for the first time is the most incredible experience one can have beyond the birth of that child (great, now I sound old).



ASK ME: Why is this woman upside down?

Contact through PCAC Front Desk for more information:

763-559-6286

LITTLE KNOWN FACTOIDS:

1. I am a Science Fiction Fan, very different from being a “Sci-Fi Geek” – but I do love Sci-Fi almost as much as sports.
2. I was blessed with the nick name Rhino in college... then add coaching rugby and people naturally put the 2 words together and started calling me Coach Rhino – go figure...