



Paula Knight

A friend once told me “If you rest, you rust!” That is part of the reason that I believe so much in exercise and being physically fit and active at any age! My name is Paula Knight and I have taken a roundabout path to become a trainer here at Legends Gym and Health Club. I taught school for 34 years and then retired to become owner of “Curves” for women for the next 7 years. When we closed our club, I came right on over to Legends to continue my career in helping people (especially women and seniors) maintain health and quality of life in general through exercise and good nutrition. We all know that aerobic exercise increases cardiovascular fitness and endurance, and strength training builds muscle mass and bone density but how to combine those and remain committed to that is not as easy! At different stages of our lives we have different goals and ways of meeting those goals. I enjoy helping people find a program that will help them reach those goals, whether it be weight control, improving balance and flexibility, increasing strength, better heart health, dealing with chronic health conditions, such as arthritis, quality of sleep or just achieving a healthy state of mind! I would consider it a privilege to guide you in a training program to fit your needs at any age and offer motivation and accountability to reach those goals. You CAN do it!