

# THE ROAD TO A HEALTHIER BODY & MIND

Kaidee Weaver, center, leads a kickboxing class at Body Fitness & Dance in John Day.



Eagle photos/Angel Carpenter

## Fitness trainer shares simple steps for health

By Angel Carpenter  
Blue Mountain Eagle

**T**he road to becoming physically fit and healthy is a long one — in fact a never-ending one, according to personal trainer Kaidee Weaver.

“Health needs to be a part of our life for the rest of our life,” Weaver, a Canyon City resident, said. “In order to take care of our body, we have to pay attention to what we’re eating, and we have to move, move, move — it never stops. It’s a continual process.”

Weaver has been a kickboxing trainer for more than eight years and a personal

trainer for six.

The benefits of staying fit are worth the effort, she said, and it’s not about vanity.

Benefits include strength of body, flexibility, coordination, balance, and a blast of endorphins for mood-boosting energy.

“A body in motion stays in motion,” she said.

For people just starting a healthier lifestyle, Weaver said, don’t be overwhelmed.

“Keep it simple,” she said.

Weaver said being in the business of leading people to a healthier lifestyle

has been rewarding.

“I’m thankful to be able to help people stay healthy and avoid health problems,” she said.

She said taking care of the body with proper nutrition and fitness is not only good for the body, but also the mind.

“It is mental and physical help,” she said. “You’re one workout away from a good mood.”

Weaver holds kickboxing classes Mondays in Prairie City and Tuesdays and Thursdays in John Day, as well as monthly weigh-ins to track progress. For more information, call Weaver at 541-792-0171.