



“When I go to the gym with people, they’re sometimes surprised at how much I can lift. I’m small but I’m pretty strong. I love that,” said Celina Flores, one of Kim Perras’ clients.

THEIR BEST PACKAGE

By Brianne Ste Marie Lacroix

It’s more than spray tans, bikinis and muscles. Getting your body to a point you never imagined possible, while having fun, is what it’s all about.

Her home, like any other home, looks entirely ordinary from the outside. There are bricks, steps leading to the front door, a big living room window, or at least one would presume it’s the living room. This home belongs to Kimberly Perras.

Perras, 29, graduated with a degree in the fitness and health promotion program at Algonquin College, and furthered her education by becoming a certified nutritionist and personal trainer.

She traded in her big comfy couches for barbells, dumbbells, a squat rack, and all other types of things you would find in a regular gym.

She started with 15 clients and that has grown to 39 over the last few years. She offers a variety of different programs such as boot camps, group workouts, personal training, nutritional planning as well as a package designed specifically targeting those interested in fitness competitions.

Perras began coaching some clients for fitness competitions three years ago. She asked a client if she had ever thought about doing a show and that’s what inspired other clients to get involved as well.

When Perras competed in her first show, she lost 76 centimetres (30 inches) and 29.5 kilograms (65 pounds) over the course of the year in preparation for her competition. She loves competing and sees them as a great accomplishment.

“Some girls come off the stage saying ‘when’s the next one!’ and some come off and are exhausted and are like ‘You know, I might not do this again but I did learn a lot,’ said Perras.

One of Perras’ clients, Christine Goudie, participated in her first competition, the 2013 IDFA Ottawa-Gatineau Classic on Oct. 26, and she placed second in the novice fitness model tall category.

She always found importance in working out and living a healthy lifestyle. The only thing that stopped her from doing competitions was feeling like she would never have the guts to do it and was amazed at the confidence it took.

“You can get the body but then to actually stand on stage and show off your body and pose and put yourself in such a vulnerable position, it’s like how do you do that and not feel incredible self vulnerable and self conscious about my flaws or my this or my that...”

Goudie was in between careers and decided to become a personal trainer. That’s where she met Perras for the first time.

“I remember I went that night and started thinking about how if some girl I just met, who’s done this before is telling me ‘Oh yeah you’ve got some biceps, I can work with this,’ then maybe there’s something to it. Where does anyone else start, right?” said Goudie.

Perras created a personalized diet and workout plan for Goudie and motivated her to stay on track.

She was working out six days a week and ate a high protein diet. There were times where Goudie would think that there was no way she could eat all the food on her meal plan. But she stuck to it to see the results.

Once she made it through the first month, she noticed a few changes in her body and was excited to see what would change over the next month. Once she felt like she knew what she was doing, she was able to turn off her brain and trust the process.

She kept at it and next thing she knew she was on stage and had a trophy in her hand and was already planning her next shows.

“I’m by no means a pro but now I’m getting in the process of giving people confidence and telling them that of course they can do it and of course you can get in shape,” said Goudie.



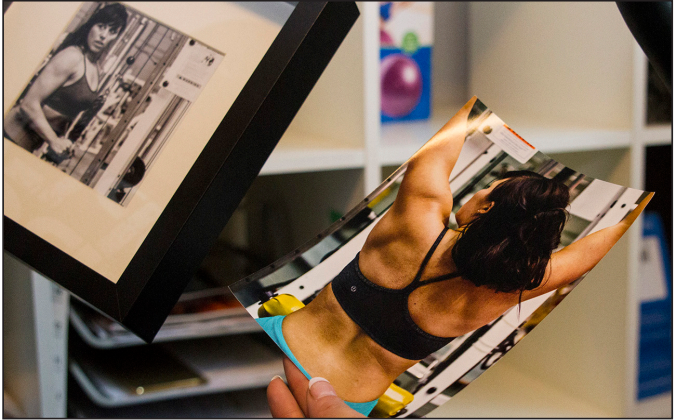
“It’s not about the competitions. it’s about the experience and fun,” said Perras.



Perras held a meeting with her clients who will be competing in fitness competitions in the coming months to go over some of the important details of the process.



Motivational quotes keep Perras inspired.



“I saw it as a huge accomplishment,” said Perras.