

More About Cat Kruzek

"I was put on this earth to inspire. I believe us to all be invincible, strong, and thriving beings. We are not meant to sit still. We are meant to move and be free with no restrictions, continuing to strive for longevity. Working with individuals and groups, I create an atmosphere of limitless potential for not only improving your physical capacity, but also changing the way you think of yourself. I'm here to inspire you by helping you reach within and find your inner inspiration!

I am an ACE Certified Personal Trainer and creator of Grit Method Fitness. I am fortunate enough to share my passion for health and fitness to others.

Hobbies...OUTDOORS!! Living in California, I fell in love with the ocean. To be on a board and feel the motion of the ocean is utopia! Back now in the Rockies, I hike, mountain bike, and camp with my four-legged companion (who is the cutest thing alive). There are countless trails and peaks that have yet to be discovered...and we intend to find them!

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