



KIM DYKES

Fitness Specialist

My name is Kim Dykes, and I am from Tupelo, Ms. I have a number of certifications through the National Academy of Sports Medicine (NASM) including Personal Training and Fitness Nutrition Specialist. I am a 2005 graduate of Mississippi State University with a B.S. in Fitness Management and an A.S. in Physical Education. I have been in the fitness industry for over 17 years, working with people in all walks of life. I want to share my passion with others and help them have the quality of life they deserve. I have experience in

many fitness domains including weight loss, strength and conditioning, corrective exercise, peripheral heart training, high intensity interval, and Suspension Training with TRX.

Testimonials —

By Vickie Hopkins

TRX training with Kim Dykes was awesome. She did an amazing job coaching me through each movement to ensure I maintained proper form. The varying movement combinations and varying levels of intensity kept it fun and the results were visible after every session. I really liked how the training tied in muscle groups for a fully body workout. Every movement challenged my core and helped improve my coordination. I saw fast results in increased strength, endurance, and muscle tone. The ability to adjust the level of intensity based on simply changing body positions made it possible for me to perform difficult movements until I got more fit. Overall, a great experience with significant results!!!

By Sandy Love

Kim is an excellent trainer that truly cares about her clients. She meets you where you are but is able to see where you need to go. She is caring but also knows how to motivate you to get the most out of your workout. When she started working with me, I could not walk 200 feet without being winded, having chest pains, and having to sit down due to my painful knees. I thought my life was over, and I knew that in 2 years, I would either be bedridden or dead. (Not an exaggeration) With my health problems, I didn't think I would be able to exercise, but this was my last shot at life. I have lost 127 lbs. In the last 9 months and my health has improved tremendously. I get stronger by the day. To say that Kim has helped save my life is an understatement. She has not only saved my life through her guidance and training, but she has restored my faith in myself by showing me I can do things. I can be healthy no matter the obstacles. She has given me not only my life back but a quality of life. She is my angel!

By Joanne Godley

Over the past decade, I have worked in settings that have taken me all over the United States. My activities have included spinning in Maui, Tango in California, and Pilates in Philadelphia. In each new place I have engaged the services of a personal trainer to assist in strength training, and I am a regular member of a gym. I have worked with a number of trainers over the years. It was both to my surprise and delight that upon joining Baptist, the manager recommended Kim as my personal trainer. After working with Kim for three months, I am anxious to go public with my endeavors. She is one of the best trainers I have ever had. She is very down to earth. Her workouts reflect the fact that she focused on the goals we have set. She is creative and always coming up with new ways to work the same muscle groups. "Where did you get that exercise" is my constant refrain as I push through the fatigue and sweat of a new maneuver. Oh and the RESULTS! I can't say enough about the fact that because of her, working with her (yes, at 6am) has helped me acquire my Michelle Obama deltoids. Thanks Kim.



717 Manship Street
Jackson, MS 39202
www.mbhs.org
601-968-1766
kdykes@mbhs.org