

**From:** <clerk\_application@northglenn.org>  
**To:** <jsmall@northglenn.org>  
**Date:** 1/24/2010 3:10 PM  
**Subject:** Application for Board or Commission

Board or Commission: parks\_rec  
First name: Kim  
Middle name:  
Last name: Farmer

Skills or education:

Kim Farmer  
Personal Trainer and Clinical Exercise Specialist

Health and Wellness Focus: Exercise Programming for Specialized Populations and Healthy Adults; Worksite Wellness Design and Programming; Personal Training; Group Exercise Instruction; Health Seminars; Workshops.

Education:

- B.S.E.E University of Colorado
- Personal Training, American Council on Exercise (A.C.E.)
- Group Exercise, Aerobics and Fitness Association of America (A.F.A.A.)
- Clinical Exercise Specialist (A.C.E.)

Speeches and Workshops (abbreviated list)

- Get Motivated and Stay Motivated
- Exercise for Busy Moms
- Achieve your New Year's Health Goals

Published Articles (abbreviated list)

- Fitness After 50
- 10 Ways to Make Exercise a Habit
- Get Fit For The New Year
- Form a Healthy Habit This Year
- Get Motivated (book)
- Why You Should Train With Weights
- Working Out At Work
- Full Functional Mobility at Any Age
- Watch Your Step

Group Exercise Classes (abbreviated list)

- Power Pack- A boot camp style workout that will challenge your cardiovascular system with interval challenges, and tone your muscles with resistance training. All levels welcome.
- Zumba- Wanna Have Fun While Working Out? Zumba®! Zumba® fuses hypnotic latin, pop and international rhythms and easy to follow moves to create a dynamic dance fitness program that will blow you away. No previous dance experience required.

- Core and More- Conditioning for all of the muscles that comprise the core region using strength training, and balance and stability challenges.
- Yoga-Express the art of yoga through body and mind, while reducing everyday stress. All levels.
- Lower Body Conditioning- Toning and strengthening for all the muscles from the waist down. All levels.
- Total Body Reshape -A combination of cardiovascular and resistance training to redefine and reshape all areas of your body. All levels.

#### Wellness Experience

Kim has owned Mile High Fitness, LLC for 6 years. She has successfully grown the company and currently manages personal trainers and group exercise instructors and their classes and clients. Kim's wellness experience ranges from managing fitness classes and services for corporate locations, providing exercise programming for healthy and unhealthy populations and teaching group exercise classes. She has helped many people get and stay on track for optimum health through her articles, books, and many speeches. She has experience designing fitness services in wellness centers, private gyms, and recreation centers and in small studio spaces with single clients for individual training, and multiple clients for group training. She is passionate about helping her clients and participants achieve their wellness goals and she stays educated and trained on the latest training and teaching techniques.

#### Civic activities:

Served on HOA board for one year as Secretary.

Volunteer for many health fairs including 9 Health Fair

Lead walking groups in the community

Volunteer speaker in communities for health and fitness related topics

Volunteer for mayoral campaign 2009

#### Meetings attended:

Yes, I have attended city council meetings, and many HOA meetings in my community

#### Plans/Ordinances:

Yes, I am familiar with the plans and ordinances for the City of Northglenn and for my own community.

#### Traits:

My skills as a business owner will be a valuable contribution to this board. I deal with problem resolution everyday when working with contractors, location owners and clients. Also as a mother, problems arise daily that require my patience and understanding and figuring out the most effective solution for my family.

#### Interest:

I am very interest in the activities and changes that are planned for Northglenn Parks and Rec as it affects the safety and enjoyment for our residents. I bring good decision making skills, effective leadership abilities, project management skills, excellent math skills and knowledge of the city as a whole. As a personal trainer, I am also interested in contributing any input related to improving the health of our residents through the parks and rec system.

#### Relatives:

No

#### Likely missed meetings:

yes

Additional boards or commissions:

Adjustment: N  
Citizens Affairs: N  
Election Commission: N  
NURA: N  
Historic Preservation: N  
Planning Commission: Y  
VALE: N

***PARKS AND RECREATION ADVISORY BOARD***

***ACTION FORM***

**SUBJECT:** Parks and Recreation Advisory Board Vacancies

**DATE:** March 11, 2009

**ACTION/**

**RECOMMENDATION:** The passing of Don Anema has opened the Ward I seat on the Board. Dwight stated that he would resign his At Large position effective the day before Council appoints new board members.

The Board moved, seconded and unanimously agrees to favorably recommend Ms. Farmer's appointment to this Board representing Ward I.

The Board moved, seconded and unanimously agrees to favorably recommend Ms. Mendenhall's appointment to this Board as the At Large representative.