

Kate Kline, PICP, ISSA CFT
Biosignature Assessor
Precision Nutrition Team Member

Kate is a certified strength coach through Charles Poliquin's PICP program and is a certified *Biosignature* assessor and has completed internships with Defining Edge Fitness Inc., where she learned firsthand many of Krista's amazing training and nutritional philosophies. At Arizona State University, Kate completed an Interdisciplinary Study, integrating the disciplines of Exercise and Wellness and Psychology



As a former high school state champion distance runner, on her way to Olympic trial in the marathon, Kate has firsthand experience with the complexities of high level performance. Fate led her from an elite endurance athlete to a strength training expert after an injury caused her to put away her running shoes and change her focus. She has not looked back since.

After gaining over 25 pounds of lean mass through a combination of intense strength training sessions, diligent eating, and nutrient timing, Kate aspires to help others reach their own high level goals.

Kate's ambition is to inspire people to set their goals high and push themselves beyond what they think they are capable of. This is achieved only through the careful consideration and integration of knowledge related to both exercise and psychology, as these two fields are constantly interacting and overlapping to determine one's wellness.