

## **MRS. TAMMY RIETEMA**

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### **CLASSES TUTORED**

KK Gym

MS Gym

### **ABOUT THE TUTOR**



My supportive husband & I have been blessed to homeschool all three of our children from kindergarten through Senior Graduation. It has been a great, rewarding, but difficult adventure. Koinonia came along side our family to help us get past the difficult subjects and created that sense of community we so needed. I'm praying I can give back by taking my God given passion for health & fitness and pass that on to our Koinonia family.

My degree is in business administration, but my heart is in health & fitness. I've helped run medical offices but continually went back to the physical training aspect, even if it was on the side. Swimming instructor, personal trainer, triathlon training, martial arts and a few races

seemed to always be in my schedule just for the overall health of it.

Teaching Gym has developed into a passion for me over the past few years. My adult physical training background at first created a real challenge when teaching my young students. The drill sergeant approach that worked for my adult clients terrified my young classes. So, the students taught me how to teach them. Now we disguise exercise as fun & games with some structure thrown in. I try to instill a love for health & activity in these wonderful young people. Helping them gain confidence by achieving their personal best makes my heart happy.