

STAR TRAINERS

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The 50 Hottest Female Trainers in America 2014

We found your new fitness muse, now you tell us which strong, fit woman is your favorite
By Shape Editors

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Elizabeth Kovar



Elizabeth Kovar

29, mind-body movement specialist, ACE and BOSU master trainer, Seattle, WA

Fitness philosophy: Movement is essential for vitality and well-being. Everything on this planet moves, even at the molecular level, thus my "Welcome to the Judgment-Free Zone" philosophy welcomes everybody to explore movement and discover their passions no matter their age, fitness level, gender, or disability.

Best race time: 24-minute 5K

Favorite post-workout snack: Bananas

Working out with your guy: Great idea. It bonds two individuals and allows them to grow individually but together. This expands to greater things such as completing races or challenging themselves to do something fun like biking around Europe or hiking in Nepal. There are lots of wonderful potential for couples to expand their love in healthy ways.

Celebrity crush: Matt Damon

Favorite "manly" workout: Cycling

Relationship status: Married

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