

Kerri Leto of K&P Holistic Health & Fitness to be Featured on CUTV News Radio

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/EINPresswire.com/ -- Western medicine has begun to embrace many of the foundational ideas of holistic wellness. Holistic health is a path forward that can work for anyone, even if you're somebody who doesn't believe in alternative medicine. Caring about how you feel each day physically, mentally, and spiritually will improve your life, which is what it's all about.

Kerri Leto is the co-founder of K&P Holistic Health & Fitness, located in Franklin, NJ. K&P Holistic Health & Fitness was established in 2014 and was built on health coaching and Reiki. Shortly after, personal training and private yoga & Pilates sessions were offered. They even started making their own all natural products! In 2017 they opened up a yoga studio offering group classes and also added in massage.

Kerri states, "We like to call the studio our 'wellness center' as it is so much more than just a studio!"



"A lot of my clients are just getting on the road to healthy," says Kerri. "Americans are always on the go and eat so much processed food. We don't take enough time to check in with our bodies and truly relax. Everybody always says, 'I'm going to get to it one day,' but they don't make it happen. Usually somebody doesn't change their habits until they become sick. That's not what we want to do."

"That's where the health coach comes in. We are the accountability partner. We take a more holistic, proactive approach focusing on the preventative care. If you just do these few things every day, it's going to change your life, whether it's doing yoga or drinking more water, or taking supplements. Even just waking up in the morning with positive thoughts can do amazing things for you."

"Every morning, think of three things that you're grateful for. This will change your whole mindset and open you up to healthy possibilities. It starts the day on a positive note. That's where we begin."

Holistic health looks at the body as a whole—body, mind and spirit. Kerri has been practicing yoga for over 25 years and has been a Reiki Master for 10 years.

"Reiki is a transfer of universal energy, so it's non-invasive. The energy knows where to go to promote

healing,” explains Kerri. “I want to keep learning and offering as many holistic methods as I can so people know about these alternate methods and can implement them in their lives.”

“I think we're all here for a purpose,” says Kerri. “My dream was this wellness center. My passion is this wellness center.”

Kerri’s focus in health coaching is just getting people on the path. She is the author of the forthcoming book, Step Up to Healthy.

CUTV News Radio will feature Kerri Leto in an interview with Jim Masters on April 6th at 11am EDT and with Doug Llewelyn on April 13th at 11am EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on K & P Holistic Health & Fitness, visit www.kandpholistic.com.

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