

# The Burn

karen hill

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**AFTER A ROUND OF SIT-UPS** or the 20th rep of lunges you feel it ... The Burn. Whether you keep going or give up depends on who's motivating you. Karen Hill, who co-owns The Burn Fitness in downtown San Diego with her husband Tony, never lets her clients embark on the road to health and fitness alone.

"When my clients work with me, they work harder," says Hill. She is so devoted to her clients she begins her day at 5 a.m. and doesn't stop until 8 p.m. "For us, this is not a job. We work seven days a week. It's our God-given vision and passion. If we could do this for free, we would."

Hill gladly spends her days helping clients achieve optimum health through smart nutrition and fitness. While she may have earned the title Drill Sergeant during her Bikini Bootcamps, she understands that temptation is everywhere. That's why she got into fitness in the first place.

After moving to San Diego and landing a job at a

health club, Hill met her husband, whom she married one month after their first date. Ten years and two kids later, they're going strong. The couple has built their business on the philosophy that the road to health is a community effort. "The Burn is more like a social club where we take care of all of our clients' needs." Unlike some health clubs where you're only a number, The Burn members know they will see Karen and Tony's smiling faces every time they work out.

And while Hill gets the same cravings as the rest of us, she contends that the food we eat plays a big role in how we look. "Food is fuel for the body. If you want to change the way you look and feel, you have to change the way you eat."

At the end of the day, Hill knows she is carrying out her divine calling. Ask her clients and they'll attest that this is one San Diego "mover" not easily shaken—unless she hears you giving up after your second set of stair climbs.

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