

# One-on-one with Sara Karman of Sara’s Fitness

By Jack Miller  
Sports Editor

Sara Karman knows a thing or two when it comes to fitness, with over 25 years of experience in the business. Karman, owner of Sara’s Fitness in Edgerton, will celebrate her business’ 10 year anniversary later this year. Karman talked one-on-one with The Reporter about the challenges of running a fitness business, rewarding parts of her job and some of her favorite success stories from her gym.

## What did you do before you opened your business?

Prior to owning my business, I worked at Blackhawk Fitness in Fort Atkinson as a group fitness instructor and personal trainer. I was home on my lunch break from Fort when I received a phone call from the owner of Forever Fit. He was calling to inform me that he and his wife were closing the business and wanted to ask me if I was interested first before putting the business for sale on the market. The business was purchased 48 hours later, with

43 members, and renamed Sara’s Health & Fitness.

## What is a typical day for you?

A typical day of mine is waking up an hour before I have to be at the gym. I meditate while getting ready for the day ahead of me. I’m at the gym usually by 6:30 a.m. to have coffee with the members. We put together puzzles. Some knit or share stories and some like to just sit amongst friends. I then start the day either instructing a group fitness class or a personal training appoint-

ment. In between appointments, I’m working on website, social media and studying market ideas. My day usually ends at 6:00 p.m. I then go home and usually study my neuro materials, and prep for the next day.

## What types of people come to your fitness center?

Our membership venue is quite varied. We start our 4:30 a.m. classes with stay-at-home moms, teachers and out-of-town workers. Then we have a group of retired active seniors. I offer classes targeted towards dance, movement and flexibility. I have a group of moms who have little ones up to adult children. Our after-school group consists of yet another group much like our morning classes. I have a group of high school boys that come in for strength training and off-sport training. I’m currently working with the high school girl’s swim team on Fridays and soon Wednesday nights. I also work with a big population for pain reduction, vision, balance and strength training.

## What are some of your best success stories?

My favorite success stories involve my clients' becoming empowered to do things they thought impossible. I work with a man who has had a stroke, heart attack, broken back, brain tumor and cancer. Through vision drills, sensory drills and balance drills, he can put his shoes on by himself for

the first time without swollen feet and has full use of his hand and arm that minimized movement from the stroke.

I’ve been working with a client whose feet and balance were so horrible, she barely left her house. Now, she is going up and down her stairs plus coming to the wellness center three times a week. Plantar fasciitis can cause excruciating foot pain and can stop anyone from performing their everyday ritual. Being told that you may never run again or do what you love to do can be devastating. I work with people that have been suffering with this and in just a short time, they are clear of pain. No surgeries, no needles.

## What’s the biggest challenge of running your gym?

When you’re a business owner, work is always on your mind. There’s always something that needs to be done. The biggest challenge is finding the time to do everything that needs attention. I’m learning through meditation and some health concerns this year, to slow down and deal with the present. Do what needs immediate attention and let everything else go. It’s imperative in this business to stay on top of fitness education. We change and we learn something every day. On top of daily educating myself and my team of instructors, I stay in contact with local chiropractors, doctors, physical therapists, dentists, massage therapists and



Sara Karman has been the owner of Sara’s Fitness for almost a decade.  
Photo submitted by Sara Karman

## ‘Drive sober or get pulled over’ campaign

Submitted by  
Edgerton Police Chief  
Tom Klubertanz

Drivers who get behind the wheel of a motor vehicle while impaired are a danger to themselves, their passengers, and everyone else along our highways. That’s why the Edgerton Police has joined law enforcement agencies across Wisconsin for the annual “Drive Sober or Get Pulled Over” campaign from Aug. 17, through Labor Day, on Sept. 3.

Last year in Wisconsin, alcohol-related crashes resulted in 161 deaths and over 3,000 injuries. While alcohol-impaired driving remains a significant concern, Wisconsin and many other states see a growing

problem with drugged driving—people whose ability to safely operate a motor vehicle is compromised by any combination of legal or illegal drugs including prescription and over-the-counter medications. To help address this challenge, Wisconsin’s law enforcement is taking several steps:

- There are currently 25 multi-jurisdictional, high-visibility OWI enforcement task forces operating across the state.

- To identify and remove impaired drivers from our roadways, nearly 3,800 Wisconsin law enforcement officers have been trained in Advanced Roadside Impaired Driving Enforcement.

- To assist with drug-related

law enforcement, Wisconsin has 276 highly-trained Drug Recognition Experts—among the most in the nation.

The public must be involved as well. If you see a driver that you suspect is impaired, call 911 and provide as much detail as you can. Never allow someone else to make the dangerous decision to drive impaired.

Your actions could save their life or others.

Abide by our traffic laws. That means buckle up, set aside the phone, watch your speed, and always be patient, alert and sober behind the wheel.

During “Drive Sober or Get Pulled Over”—and throughout the year—our goal is to make our roadways as safe as possible for everyone.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Sudoku Answers Are On Page 6

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