



Jerry

As a personal trainer helping people pursue their performance and health goals is my priority. Regardless of your current size, shape or physical fitness, consistent exercise is medicine and can bring amazing benefits to all the dimensions your health and well-being. I have fifteen years of running experience and enjoy developing sensible running programs. I'm exploring a new passion in the sport of weightlifting and am currently competing in the snatch and clean & jerk in local meets held by Alberta Weight Lifting.

I have a great tool box of strategies to help you make physical fitness a regular part of your lifestyle. Let's redefine body image standards and focus on healthy behaviors for long term change. Join me in the movement that enable everyone to have access to movement that suit their personal needs and abilities.

CREDENTIALS:

- CSEP Certified Personal Trainer
- Precision Nutrition Level 2 Certified

EDUCATION:

- Personal Fitness Trainer Diploma
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TRAINING LOCATIONS:

- Kinsmen Sports Centre
- Commonwealth Community Recreation Centre