

# PERSONAL TRAINER

Ishka adores helping with: Quality of life, confidence, relationships with food, fat loss & muscle gain. Taking those, who feel uncoordinated & allowing them to see that they too, can be athletes.

Ishka leans toward educating her clients for their own autonomy later on. She cares a lot about the neuroscience behind behavior change.

Helping clients see beyond their perceived ceilings, to achieve contentment in their lives that they thought was not possible.



## Ishka

**CREDENTIALS:**

Canfitpro Personal Trainer  
ACE Personal Trainer  
NASM Nutrition Coach

**EDUCATION:**

Canfitpro Personal Trainer  
ACE Personal Trainer

**TRAINING LOCATIONS:**

Kinsmen  
Mill Woods