

# 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.

She is also confident working with pre- and post-natal clients, as well as those experiencing chronic or recurring pain. Ishka creates a safe, compassionate space where clients can rebuild strength, move comfortably, and trust their bodies again.



## Ishka

**CREDENTIALS:**

Canfitpro Personal Trainer  
ACE Personal Trainer  
NASM Nutrition Coach  
RAPID Neurofascial Reset Therapist

**EDUCATION:**

Canfitpro Personal Trainer  
ACE Personal Trainer

**TRAINING LOCATIONS:**

Kinsmen  
Mill Woods