

PERSONAL TRAINER

Firstly, I believe that physical activity and education go hand-in-hand. Without a basic understanding of how and why we move, consistency becomes difficult.

Secondly, creating habits is essential if longevity is the goal (which it should be for all those who exercise). Lastly, self-efficacy is a huge catalyst for growth. Build confidence, become comfortable in your body, and begin to push past limitations. I offer a ground-up approach, helping clients build a strong foundation, prepare for long-term sustainability, and gain confidence in themselves.

I have experience working with many types of clients including athletes, new exercisers, seniors, and people with disabilities. I am comfortable working in Spanish and with people from diverse cultural backgrounds.



John

CREDENTIALS:

CSEP Personal Fitness Trainer
NSCA Certified Strength and
Conditioning Specialist
NASM Corrective Exercise
Specialist

EDUCATION:

Bachelor of Arts UBC
NAIT PFT Diploma

TRAINING LOCATIONS:

Commonwealth