

PERSONAL

TRAINER

Through my personal experience in improving my athletic performance and becoming a better athlete, I learned how important it is to have a healthy body. Your health affects every area of your life. I specialize in helping my client push their boundaries to reach new limits while having fun and giving them a purpose behind their exercises.

My love for fitness and sports began at a young age playing soccer. I continued challenging myself by expanding my experience in sports such as track and field, volleyball, football, and basketball. I have been fortunate to work with numerous clients through athletic training and personal training of all ages and skill sets to help them achieve their goals!



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CREDENTIALS:

ASFA Certified Personal Trainer S
NASM Performance Enhancement Specialist
NASM Certified Nutrition Coach

EDUCATION:

Bachelor of Commerce

TRAINING LOCATIONS:

The Meadows
Dr. Anne Anderson
Terwillegar