

# PERSONAL TRAINER

My biggest goal as a Personal Trainer is to provide my clients with knowledge and understanding of the importance and benefits of exercise throughout the lifetime. I believe in helping my clients build long term and sustainable lifestyle changes while developing their love of fitness!

I grew up very active, playing a variety of sports and was a college soccer athlete before finding a new passion in weightlifting and coaching. I have years of training experience, working with clients of all ages and abilities from beginners to athletes and military personnel.

I love seeing my clients build self-efficacy and confidence in the gym, and celebrating their successes along with them!



## Angela

### CREDENTIALS:

- CSEP Certified Personal Trainer
- Precision Nutrition Level 1
- ATA Adaptive and Inclusive Trainer

### EDUCATION:

- Bachelor of Kinesiology

### TRAINING LOCATIONS:

- Clareview
- Londonderry