

PERSONAL TRAINER

I have been a gym-goer for over 20 years, and in that time have had my share of injuries, setbacks, and have seen my weight fluctuate up and down. Overcoming these experiences gave me the knowledge and passion to help others overcome their own obstacles.

Now as a Personal Trainer, I design exercise programs for my clients specific to their goals and needs, as well as help them identify negative habits in their lives so we can take more effective action in our sessions and in their day-to-day.

Additionally, I help my clients prevent and rehab injuries, avoid unwanted weight gain, and achieve their goals in a healthy, realistic manner that can be maintained to avoid relapsing back into negative behaviours.



Christopher

CREDENTIALS:

- CSEP - Certified Personal Trainer
- NASM - Corrective Exercise Specialist

EDUCATION:

- Sports & Exercise Psychology Degree
- Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

- Kinsmen
- The Meadows
- Mill Woods