

PERSONAL TRAINER

I love what I do! I have spent the last 22 years embodying this statement. Having worked with clients from all backgrounds and goals from professional athletes and firefighters to weight loss and hip replacements. I love being able to help people solve the puzzles that are their bodies. Everyone has to start somewhere and that is part of the excitement, helping people find their starting point and building a plan to success.

With over two decades and having worked with hundreds of clients and students, I have come to understand that everyone is going to have hurdles, difficulties and roadblocks. However, I have also learned, everyone can succeed! You can too. Weight loss, pain reduction, injury recovery, strength gains, sports performance, it doesn't matter which, there is a plan for you!



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CREDENTIALS:

- NSCA Certified Strength and Conditioning Coach
- ACE Master Trainer
- NASM Certified Nutrition Coach

EDUCATION:

- Bachelor of Science in Kinesiology

TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar
- Kinsmen
- Mill Woods