

# PERSONAL TRAINER

My knowledge and passion for exercise started from my experiences with youth, secondary and post-secondary sports. These experiences influence my training and education, as I specialize in training for sport performance. I currently train youth and post-secondary aged athletes. I have also gained an appreciation for physical literacy. It has helped me to enjoy multiple sports, stay healthy, and continue being physically active. Whether it be helping people become more active, learn fundamental movement skills, or improve their mobility, I create plans, that help people develop these skills, and more! I also believe in helping people excel at their activities of daily living, become more physically active.



## Timi

**CREDENTIALS:**

- NASM Certified Personal Trainer

**EDUCATION:**

- Bachelor of Kinesiology (Sports Performance)

**TRAINING LOCATIONS:**

- Booster Juice Recreation Center in Terwillegar
- Coronation Park
- The Meadows
- St. Francis Xavier