



Alyssa

As a personal trainer, Alyssa works with clients to develop personalized goal-oriented programs that suit their lifestyle. She believes the most important part of training is helping clients work to their full potential in a safe and structured environment.

"I knew I wanted to be in this field (Kinesiology) after attending personal training sessions with my mom. Our trainer educated us on the musculoskeletal system and how it works together to create movement. From that experience I can honestly say there is a huge benefit in having a personalized program aimed at developing proper form. Hiring a certified personal trainer is like investing in the body. If individuals work hard at a good program and maintain their fitness level they will see noticeable lasting benefits like the ability to do more activities later in life."

She has worked at a physiotherapy clinic providing exercise rehabilitation services. There she provided individualized programs to her patients involved in motor vehicle accidents, orthopedic surgery and workplace injury.

Alyssa was a competitive swimmer in her youth and coached with an Edmonton based swim club during her first year of University. Now, patrons may see her on the pool decks of Edmonton Recreation Centres lifeguarding when she is not training, enjoying hiking, visiting local breweries, practicing yoga or camping with her boyfriend Curtis and dog Lola.

CREDENTIALS:

- ▶ CSEP Certified Exercise Physiologist
- ▶ NLCS Lifeguard

EDUCATION:

- ▶ Bachelor of Science in Kinesiology

TRAINING LOCATIONS:

- ▶ The Meadows Community Recreation Centre
- ▶ Terwillegar Community Recreation Centre