



# Charles

I've always had a relationship with health and fitness. I played a lot of team sports growing up including baseball, soccer, basketball and hockey. I always had this feeling I wanted to help people accomplish goals and be able to teach them along the way.

Along the way I found a love of endurance sports and helped coach many people of different of different experience level to finishing their first 5 k's, to marathon distance races. As well as a few to their first triathlons or century rides.

All this journey has helped me realize how important it is for me to continue to explore and expand what I think the body is capable of. As well as want to help others see what they can do and help them improve and maybe even surprise themselves! In the end I just want to help people move better and get stronger!

## CREDENTIALS:

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

## EDUCATION:

- ▶ NAIT Personal Fitness Trainer Diploma

## TRAINING LOCATIONS:

- ▶ Clareview Community Recreation Centre
- ▶ Commonwealth Community Recreation Centre
- ▶ The Meadows Community Recreation Centre