

# PERSONAL TRAINER

As a personal trainer, My goal is to create a lasting interest and love for sport and fitness. Growing up I discovered a passion for sports, exercise, and improving myself every single day. I know just how important exercise is for both mental and physical health.

My goal is not to just provide a boring program that feels like a chore to do, but to find something YOU can be passionate about. Finding your WHY. There are many modes of exercise. I want to take the time to get to know you, find your why, and help you reach your fitness goals. One final statement I want to leave you with: "Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable" -Coach John Wooden.



## Aiden

**CREDENTIALS:**

CSEP Personal Fitness Trainer

**EDUCATION:**

Exercise Science Diploma

**TRAINING LOCATIONS:**

The Meadows  
Mill Woods  
Clareview