

# PERSONAL TRAINER

I started out in fitness 16 years ago after having 2 back to back pregnancies and a bit of postpartum depression. Desperate to be a good role model for my own children and a need to find myself again. I started out doing some cardio kickboxing videos at home. Through that tiny spark I was able to lose over 80lbs through my new passion for fitness and some changes to my daily diet. Now I am passionate about helping others find their passion for fitness and to keep the spark alive.

I am fun loving, friendly and always ready for an adventure. When I'm not working with clients, teaching group fitness or running with my dog. On the weekends I run ultra marathons and climb mountains for fun. I love working with runners, new moms, those new to fitness, seniors and those looking to push their limits.



## Jen

**CREDENTIALS:**

CanFitPro Personal Trainer Specialist  
CanFitPro Pre-Postnatal specialist  
NAASFP Marathon running coach

**EDUCATION:**

CanFitPro Personal Trainer

**TRAINING LOCATIONS:**

Kinsmen