

PERSONAL TRAINER

My fitness journey began when I achieved my own weight loss goals and discovered a deep love for fitness. Since earning my Personal Fitness Trainer Diploma in 2018, I've specialized in weight loss, injury rehab, and sports performance, helping clients look and feel their best.

Working with elite youth hockey players and experiencing a car accident in 2019 deepened my passion for injury rehab, leading me back to school for Massage studies and a Bachelor of Science. I'm also a certified Sports Nutrition Advisor, currently working toward becoming a Registered Dietitian.

With expertise in nutrition, physiology, and psychology, I aim to guide you toward a healthier relationship with food and exercise. Let's embark on this journey together and make your fitness dreams a reality!



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CREDENTIALS:

Clinical Exercise Physiologist
Registered Kinesiologist
Certified Personal Trainer

EDUCATION:

Bachelor of Science in Kinesiology
Personal Trainer Diploma

TRAINING LOCATIONS:

Kinsmen
Terwillegar
Meadows