

# PERSONAL TRAINER

Sam moved to Edmonton 4 years ago to complete her personal trainer diploma. She chose to get certified through the National Academy of Sports Medicine for personal training and corrective exercise because of her interest in sports performance. After completing the personal fitness training program at NAIT Sam used her knowledge to structure a workout plan to promote her own personal goals. She was able to make it through the summer completing 3 half marathons, 6km trail sprint and a 10km obstacle course injury free! She believes exercise should complement your lifestyle and interests. Her goal is to help others build a strong functional foundation, move better, and increase confidence in the gym!



## Sam

**CREDENTIALS:**

NASM Certified Personal Trainer  
NASM Corrective Exercise Specialist  
NASM Nutrition Coaching

**EDUCATION:**

NAIT Personal Fitness Trainer  
Diploma

**TRAINING LOCATIONS:**

Kinsmen  
Terwillegar