



# Brantley

Everyone needs a coach. No matter what kind of growth you are looking for (physical, mental, spiritual) I always believe having someone with you every step of the way is essential to your success. As a personal trainer, my job is to give you all the tools for sustainable success: safe technique, accountability, program structure/knowledge, nutrition strategy, and most importantly - some fun along the way!

Growing up in an active family, my love for fitness began at a young age playing hockey, soccer, and as I grew older racquet sports such as squash and tennis. I have been blessed to work in the personal training industry for the last 7 years, and to have helped hundreds of clients in all ages and fitness levels. I also pride myself with ongoing education in the health and fitness world, learning and improvement never stops!

I'm proud to live in Edmonton with my wife Victoria and our german shepherd Mira plus cats Chappie and Gaston.

## CREDENTIALS:

- ACE Certified Personal Trainer
- Orthopedic Exercise Specialist
- Sports Performance and Conditioning Specialist
- Precision Nutrition Certified

## EDUCATION:

- Personal Trainer Fitness Diploma

## TRAINING LOCATIONS:

- Terwillegar Community Recreation Centre
- Kinsmen Sports Centre