



# Taylor

As a personal trainer I encourage people to pursue fitness as a lifestyle, adapting my training technique to suit every individual's unique needs. No matter your end goal, incorporating exercise into your life offers a world of benefits in all aspects of your health and I aim to help you reach these.

I have trained and raced competitively in long distance running for a number of years at the NCAA level. I continue to compete in and around Alberta at different road races and partake in the Canadian Cross Country series.

Exercise is often intimidating but it doesn't have to be. Whether you're a beginner or just looking for pointers I want to help you develop the skills and knowledge that will allow you to feel confident in your abilities and yourself. I'm here to help you reach your short term goals, and create a long term commitment to your health.

## CREDENTIALS:

- ▶ CSEP Certified Personal Trainer

## EDUCATION:

- ▶ Bachelor of Science in Exercise Science

## TRAINING LOCATIONS:

- ▶ Terwillegar Community Recreation Centre
- ▶ The Meadows Community Recreation Centre