

# PERSONAL

# TRAINER

My goal as a personal trainer is to help people in my community make physical activity a sustainable part of their everyday lives. I'm passionate about raising awareness of how an active lifestyle supports not only physical health, but mental well being as well.

I strive to equip my clients with the tools, knowledge, and motivation they need to feel confident in their abilities and inspired to take ownership of their health.

I love working with individuals of all experience levels and find it incredibly rewarding to watch my clients build strength, confidence, and a genuine passion for fitness over time!



## Nina

**CREDENTIALS:**

- **CSEP** certified personal trainer

**EDUCATION:**

- Bachelor of Science in Kinesiology

**TRAINING LOCATIONS:**

- Booster Juice Recreation Centre in Terwillegar
- Coronation Park
- Kinsmen
- The Meadows