

# PERSONAL TRAINER

Firstly, I believe that physical activity and education go hand-in-hand. Without a basic understanding of how and why we move, consistency becomes difficult.

Secondly, creating habits is essential if longevity is the goal (which it should be for all those who exercise). Lastly, self-efficacy is a huge catalyst for growth. Build confidence, become comfortable in your body, and begin to push past limitations.

I offer a ground-up approach, helping clients build a strong foundation, prepare for long-term sustainability, and gain confidence in themselves. I have experience working with many types of clients including athletes, new exercisers, seniors, and people with disabilities. I am comfortable working in Spanish and with people from diverse cultural backgrounds.



## John

**CREDENTIALS:**

CSEP Certified Personal Trainer  
NSCA Certified Strength and  
Conditioning Specialist

**EDUCATION:**

Bachelor of Arts  
Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

Commonwealth  
Clareview  
Kinsmen