

# PERSONAL TRAINER

I am a personal trainer and recreation therapist. I love helping people crush their personal bests and weight-loss goals, My other passion in training truly lies in special populations; helping people regain their function in injury management (acute or chronic), smartly assisting women through pre and postnatal periods of life, and giving our aging population strength and stamina to continue the lifestyle they so desire.

I am here to help.



## Naomi

**CREDENTIALS:**

CSEP Certified Personal Trainer  
Fit4Life Pre-Postnatal Exercise  
Specialist

**EDUCATION:**

Personal Fitness Trainer Diploma  
Therapeutic Recreation Diploma

**TRAINING LOCATIONS:**

Terwillegar  
The Meadows  
Mill Woods