



# Biography

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Bachelor of Kinesiology, Brevet d'état

My career in fitness began in 1992 when I enrolled in the University of Calgary's faculty of Kinesiology degree program. Kinesiology is the term used to define the study of the human body including anatomy, physiology, and biomechanics as well as the sociological and psychological aspects of sport. I knew right away that this study was my passion and I began to practice my fitness leadership skills by coaching competitive gymnastics and swimming. Through helping people in their athletic pursuits, I was inspired to take my own physical capabilities to the next level. With a background in gymnastics and long distance running, I chose triathlon (swim, bike and run) as my personal athletic focus.

After graduating in 1996, I began working as a personal trainer in local gyms and shortly afterward moved to Banff, a resort town in the Canadian Rockies, to pursue a career as a fitness consultant in the Spa at the Banff Springs Hotel. I was responsible for managing the fitness center and offering fitness assessments, weight management packages, personal training sessions, classes, hikes and group recreational activities to hotel guests and gym members. During the three-and-a-half years that I spent working in this pristine and invigorating environment, I developed my unique balanced approach to personal training, which incorporates the physical and mental aspects of training with the emotional and spiritual aspects of movement, making exercise a fun and more well- rounded experience.

Since 1999, I have competed in 3 Ironman triathlons (3.8km swim, 180km bike and 42km run) including Ironman Canada, Lanzarote (Canary Islands) and the World Championships in Hawaii. These experiences have proven to be invaluable in helping me relate to the journey that each individual undertakes when striving toward their unique goals.

My most recent experience is in France, personal training along the Cote d'Azur. If you are interested in learning more about me and about what personal training involves, please contact:

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