



Personal Trainer



Amy Blanchette

Growing up I have witnessed friends and family members acquire medical issues due to poor health choices they made. I began going to the gym because I wanted to make different decisions about my own health and fitness. I was amazed at the positive changes I experienced in my health and fitness. I was amazed at the positive changes I experienced in my health and other areas of my life. I found myself with a new confidence and sense of control in my life, which has allowed me to enjoy many more activities such as mountain biking, snowboarding, hiking and dancing. As a result I have continued to improve my fitness and been compelled to share my knowledge and experiences with others to assist them in achieving positive effects in their own lives.

Philosophy

I believe Fitness is a balance of many aspects. Each need to be addressed to allow individuals to reach their personal fitness goals.

Certifications and Education

- BCRPA Certified Personal Trainer
- Mount Royal College Personal Trainer Certificate
- Info Fit Certified Personal Trainer
- First Aid & CPR
- 2 years completed in a Bachelor of Physical Education

Additional Training & Qualifications

- Can-Fit Pro Conference Vancouver 2008

Client Specialty Focus

- Reduce Body Fat
- Improve Body Composition
- Increase lean muscle mass
- Increase cardiovascular performance
- Increase strength and endurance
- Improve flexibility

Words of Wisdom "Be yourself because no one else can"