



Personal Trainer



Bruce Smith

Bruce started his fitness career as a Soccer and Baseball Coach at the age of 16. His experience in instructing children in sports and fitness led him to pursue a Degree in Physical Education at UBC, and then go on to become a Personal Trainer. Bruce has been a member of the Fitness World Personal Training Team since 2002. His 15 years of experience has included training adults and children for recreational activities, elite athletes for competition and sport, and clients who are rehabilitating from injury. All his clients have achieved improvements in muscle and strength gains as well as improvements in weight loss and maintenance.

Philosophy

"A well thought out, smart and efficient training program will lead you to your maximum results."

Mission Statement

"To motivate everyone I meet to take care of their health and fitness with a healthy and positive attitude."

Certifications and Education

- Bachelors of Physical Education from UBC
- Sports strength Specialist
- BCRPA Registered Personal Fitness Trainer
- Postural and Muscular Assessment Specialist

Additional Training & Qualifications

- Current Member of the Kinesiology Association of BC
- Current Member of the Sports Medicine Association of BC

Client Specialty Focus

- Post Injury Rehab
- Sports Conditioning
- Weight loss / Gains
- Core Conditioning

Words of Wisdom "Ambition without knowledge is like a boat on dry land "