

Personal Trainer



Jasmine Bottcher

Jasmine grew up in South Africa, where since childhood she led a physically active and health conscious lifestyle. Spending most of her time outdoors she kept very active participating in sports, everything from tennis, swimming, field hockey and gymnastics. Eventually moving to Canada at the tender age of 14 she took a keen interest in weight lifting. Jasmine has always believed in challenging herself which led her into competitive fitness training. By the age of 19 she competed in 2007 and will continue to do so. Transforming the shape and the strength of her body she knows with a balance of nutrition and consistency with been active that any fitness goal is obtainable. She would like to inspire to others that no matter what the circumstances whether it be a physical limitation, illness or something as simple as a hectic lifestyle, that each person can challenge him or herself to their limits through commitment and determination. She believes that her passion and privilege is not only to share knowledge with others and motivate them but to challenge them by creating a fitness program to help them to achieve their specific goals.

Philosophy

"In order to achieve, one must "believe" in themselves and move towards their goals persisting day in and day out through the challenges each day presents them."

Certifications and Education

- BCRPA Certified Personal Fitness Trainer
- BCRPA Certified Weight Room Instructor
- Emergency First Aid & CPR
- EZ Weight Loss & Nutrition Certified
- Functional Anatomy for Fitness & Rehabilitation Certificate

Client Specialty Focus

- Weight Loss / Gain
- Nutritional Management
- Core conditioning
- Strength Development
- Beginner, Intermediate, Advance Levels