



Personal Trainer



Teri Mizera

Teri woke up one day to the realization that years of poor nutrition and a sedentary lifestyle had caught up with her. She was overweight, borderline diabetic and had high blood pressure. Seeing this as a wake-up call, Teri set out to change her lifestyle and regain control of her health, life and future. After losing over 60lbs, a passion for helping other people to improve the quality of their lives emerged. Teri is also a professional actor and singer and had never dreamed before that fitness would ever play a major role in her life or that she would find a career in fitness, now she can't imagine doing anything else.

Philosophy

I believe that we are all responsible to seek our own happiness and that we carry within us immense potential to change.

Certifications and Education

- BCRPA Certified Personal Trainer
- BCRPA Certified Weight Room Instructor
- Fitness Leadership Diploma
- CPR and First Aid certified

Additional Training & Qualifications

- Advanced Weight Training
- Posture and flexibility Assessment
- Sports Nutrition
- Special Populations

Client Specialty Focus

- Weight loss and weight management
- Increase lean muscle mass
- Improve cardiovascular performance
- Increase strength and endurance