



# PT Supervisor

## Valerie Goodchild



Valerie has always been a passionate person about life; always striving for new goals and pushing herself to new limits. After reaching a weight of 220lbs Valerie realized that her weight was effecting her self-esteem, confidence, and quality of life. In 2000 she began her lifestyle change by exercising and eating healthier. She first started participating in water aerobics and after losing 5 pounds on her own she hired a personal trainer to push her harder. As the weight started coming off, she also gained exciting and rewarding knowledge about exercising, nutrition and became a healthy role model for others. She eventually lost 65 pounds in nine months and gained a new outlook on life. The benefits she discovered through her journey were not only physical but also psychological as well. Her new found self confidence and knowledge lead her to realize her need to help and motivate others to reach their goals. That is why in 2001 Valerie joined Fitness World as a staff member, and through her desire and drive she now mentors other personal trainers at Fitness World. Valerie has dedicated her life to helping others improve their own lives by instructing, teaching seminars, and holding workshops.

### Philosophy

We all measure our achievements and accomplishments by the effort and challenges we faced to reach them. The things in life that are the most worthwhile are also the most difficult.

### Mission Statement

“To help members live a longer and happier lifestyle by realizing their full potential in life.”

### Certifications and Education

- BCRPA Registered Fitness Trainer
- BCRPA Registered Weight Room Instructor
- EZ Nutrition Certified
- CPR & First Aid Certified

### Additional Training & Qualifications

- Personal Training Supervisor
- BCRPA Registered SFL (completing)
- Can-fit Pro Nutrition & Wellness Specialist (completing)
- Twist Conditioning Sport Specific Specialist (completing)

### Client Specialty Focus

- Nutrition / Weight management
- Beginners New to fitness
- Sport specific / Functional Training
- Core Conditioning
- Small Group Personal Training
- Body Building / Sculpting

**Words of Wisdom** "The only barriers we have are the ones we've put up in front of ourselves. It doesn't matter how old or young you are if you want something enough you will find a way to obtain it. "