



# Personal Trainer



## Michelle VanWieren

Michelle was always very active as a child, playing every sport throughout school, and playing competitive fast ball. She got into strength training around grade 9 and fell in love with it. Strength training started out as just another physical activity, but soon turned into something that Michelle wanted to know everything about. She finally decided to get her certification when she realized that she enjoyed helping others and sharing her knowledge with them. Now Michelle is doing something that she enjoys - she couldn't ask for more! Michelle is also working her way through a kinesiology degree at the University of Victoria.

## Philosophy

Always push yourself beyond what you believe you can achieve!

## Certifications and Education

- BCRPA Strength Training
- BCRPA Personal Training
- CPR & First Aid

Words of Wisdom "When you don't feel like hitting the gym, just take the first step and get your runners on, then there's no turning back!"