Delta

# CHELSEA

## *Personal Trainer*




### CERTIFICATIONS

BCRPA - Personal Trainer, Weight Training, Older Adult, Osteofit, Group Fitness. Big Moves, Big Gains (Parkinson's), Parkinson Wellness Recovery PWR!, Heart Wise, Breathe Stronger, Live Better (COPD), Cycle Fit, Active Aging Instructor, Leader and Trained Activity Coach, Choose to Move Instructor, Leader and Trained Activity Coach.

**Specialties**

- Beginner Fitness
- Older Adult Fitness
- Adapted Fitness
- Exercise and Chronic Conditions
- Specialty Populations

**Fitness Industry Experience:** 10 years

**What Types of Clients Do You Enjoy Working With Most?**

- Clients that are focused on long term health rather then quick fixes.

**Locations**

- Sungod Recreation Centre
- North Delta Recreation Centre
- Ladner Leisure Centre
- Winskill Aquatic and Fitness Centre

**Favorite Quote**

*"Fitness is Fun."*

**Coaching Style**

- Supportive
- Positive
- Fun

**Favorite Exercise**

Laughter, Stair-Master

**Fun Fact**

I do enjoy an afternoon in my kitchen, trying out a new recipe.

For more info about Personal Training, visit **delta.ca/Fitness**, email personaltraining@delta.ca, or call 604-952-3000.