



# Elite Personal Trainer



## Karen Dand SFL

Karen has been a part of the Fitness World team since 2000. Starting her career as a group fitness leader and soon thereafter becoming certified as a weight trainer and started working full time for Fitness World. During this time Karen realized that guiding people to reaching their goals was her passion. Karen trained and competed at an amateur level in both boxing and kickboxing. This type of training gave her the strength and determination to do anything she set her mind to. At this time, Karen decided she wanted to challenge herself and decided to start training for Fitness Competition. During these intense training periods Karen realized what a person could achieve if they put their heart, mind and soul into something. She also worked closely with a Personal Trainer and now knows that it is the KEY TO SUCCESS. Karen will provide her clients with the knowledge, skills, guidance, support and motivation so that they can achieve their own full fitness potential.

## Philosophy

Accepting responsibility for your own health and controlling your own lifestyle are the keys to better health today. Always seek and attain balance in all aspects of your health and well-being.

## Certifications and Education

- BCRPA certified Personal Trainer
- BCRPA certified Group Fitness Instructor
- Can-Fit Pro certified Personal Trainer Specialist
- Can-Fit Pro certified Group Fitness Instructor Specialist
- Sport Conditioning Specialist - Level 1
- SFL - Group Fitness

## Additional Training & Qualifications

- FW Personal Training Director
- FW Group Fitness Director
- Indoor Cycling Certified
- EZ Weight Loss & Nutrition Certified
- Trainer's Edge Boot Camp Director - Burnaby Region
- Bosu Integrated Balance Training certified
- TRX Suspension Training

## Client Specialty Focus

- Men and Women
- Weight Loss
- Toning and Shaping
- High Energy-High Intensity
- Sport Conditioning
- Team Training
- All ages

Words of Wisdom "Active health is your wealth!"