

Personal Trainer



Rene Scavington

Training is my life. I've tried to deny it on several occasions, but it's really all I do. It started to take over my life in secondary school in the form of weight training and karate. I was fit by my peers standards, but my weight training wasn't complimenting my martial arts at all. A friend introduced me to a little known discipline called "Parkour" (a method of training for overcoming obstacles in ones path) and that's when the real training began. Parkour had me running, jumping, and climbing over, under and through whatever I could find. Soon I began to research ways to better myself in these aspects, and endless sessions of trial and error began. Sessions that demanded me to lift heavier, jump higher, run faster, and gasp for air in an effort to better myself. The work paid off, but my work is far from over. Every day I strive to become closer to more strength, endurance, focus, balance, enlightenment? In 2006, I began coaching B.C.'s first structured parkour classes. Later that year I founded "PKBC" an open community for practitioners in Western Canada.

Philosophy

As a personal trainer, Rene aspired to quite literally change people's lives. He believes many people have lost a necessary relationship with their body, and that it needs to be rekindled before they can move forward in life.

Certifications and Education

- BCRPA certified Personal Trainer (in progress)

Client Specialty Focus

- Functional Fitness
- Strength, Power, Endurance
- Weight Loss
- Elite Fitness
- Athletes

Words of Wisdom "Being strong to be useful."