



# Personal Trainer



## Sara Afshar

I was born in Iran and moved to Canada at the age of 3. Going to school in Ontario, I was actively involved mostly in team sports. Basketball, volleyball, relay running for my track and field team and high jump which I favoured because I naturally excelled at it, continuously placing first. I grew up in a very active family with a drive for fitness which motivated me to remain active after moving to Vancouver. I grew to really love the feel of working out with weights after I began training with my father and brother. Being an older sister I had to be able to beat up my brother when necessary. It is empowering to work out with men and get a sense of the weight room from their perspective. Swimming has been another passion in my life. Having a mother who was a champion swimmer was a large motivator to have received from a woman. I also greatly appreciated it as a balance to my father and brother. My grandfather has also had an influence on me in the sense that being active was literally his life. He was the top placing wrestler for Iran as well as having trained with Muhamad Ali and being asked to be his bodyguard. This definitely has a great effect on me. It made me feel proud and confident to know there is nothing you can't accomplish.

## Philosophy

Nothing comes easy in this life and that includes your health.

## Certifications and Education

- First Aid & CPR
- Fitness Theory
- BCRPA Certified (completing)

## Client Specialty Focus

- Body Sculpting
- Toning
- Fat Loss
- Muscle Gain
- Flexibility Training
- Endurance

Words of Wisdom "Pain is just weakness leaving the body!"