



# Personal Trainer



## Katie Lindsay

Katie grew up in the fitness industry. Her mother is a personal trainer and Katie got to see first hand how personal training can change people's lives. Early on Katie knew she wanted to be in the Fitness Industry and has moved toward that goal both in physical activity and in school. Katie is presently in her final years of a Bachelors Degree in Human Kinetics and is very active in woman's soccer and her own personal fitness routine. Katie is eager to pass on her knowledge and experience to clients of any age and fitness ability.

## Philosophy

Anyone has the ability to meet their goals. All you need is drive, determination and the right tools.

## Certifications and Education

- BCRPA Certified Personal Trainer (completing)
- Bachelors Degree in Human Kinetics (completing)
- BCRPA Certified Weight Trainer

## Additional Training & Qualifications

- EZ Nutrition Certified
- Bootcamp Instructor
- Current First Aid & CPR

## Client Specialty Focus

- Weight Loss
- Team Sport Training
- Muscle Strength
- Flexibility
- Muscle Toning