



Elite Personal Trainer



Vrinda Walker

Vrinda is a well-rounded health and fitness professional with a passion for helping people make lifestyle changes. As a Dietitian and Personal Trainer Vrinda provides a unique knowledge base and experience for integrating healthy eating and exercise into daily life. Through goal setting, motivation and nutrition coaching Vrinda assists clients in achieving sustainable results. Vrinda will push you beyond your comfort zone with fun, challenging, personalized workouts that combine the latest fitness techniques.

Philosophy

Vrinda takes a holistic approach to training that incorporates physical, mental, emotional, and spiritual aspects of health to improve quality of life and enhance balance in the body.

Certifications and Education

- BCRPA Certified Personal Trainer
- BCRPA Certified Weight Trainer
- Current CPR and Fitness First Aid
- Certified Make-up Artist
- Bachelor of Science – Food, Nutrition & Health
- Dietitian Internship – Vancouver General Hospital
- Member of Dietitians of Canada

Additional Training & Qualifications

- Kick-Box Bootcamp Instructor
- Posture & Fitness Assessment
- Advanced Program Design
- Nutrition & Fitness Seminars
- Grocery Shopping Tours
- Published Articles: Common Ground, Vegetarian Journal

Client Specialty Focus

- Weight & Fat Loss
- Toning & Strength Training
- Core & Flexibility: Yoga, Pilates
- Bootcamps & Kickboxing
- Nutrition Coaching: Weight management, Vegetarian diets, Dining out, Eating on the go
- Make-Over Programs

Testimonials

"Vrinda is enthusiastic and friendly. I like the way she has set up different exercises for me. I have lost 14 lbs. I am much stronger and fitter. She has given me the motivation to go to the gym (in the past 3 years I have tried to lose weight but haven't been able to)" - CAROLE

Words of Wisdom **"Be present in every moment – a new world of unimaginable possibilities awaits you!"**