



# Personal Trainer



## Dayna Friend

Dayna began her training career in 2006 with Langley Fitness World. She considers herself a fitness success story, as becoming active has completely changed her life. She has been playing sports and dancing almost her whole life, and she discovered the benefits of weight training in her first year of University. She has studied various subjects including Theatre, Kinesiology, English and Education...and she loves them all! After that first Kinesiology course, she developed a special relationship with the gym...she and the weight room have been inseparable ever since.

## Philosophy

Finding your inner strength and confidence will help you reap the benefits of a balanced, healthy lifestyle.

## Mission Statement

To provide an energetic, creative approach to fitness and a holistic understanding of healthy living.

## Certifications and Education

- BCRPA Fitness Theory
- BCRPA Weight Trainer
- BCRPA Personal Trainer
- EZ Weight Loss & Nutrition Certified
- English Minor and Certificate in Liberal Arts from SFU
- Bachelor of Fine Arts in Theatre from Simon Fraser University (Spring 2008)

## Additional Training & Qualifications

- Contemporary health Issues
- Exercise management
- Dance/Movement analysis
- Sport Psychology

## Client Specialty Focus

- Fat and Weight loss
- Nutrition
- Cardiovascular Conditioning
- Strength and Hypertrophy
- Personal Motivation

**Words of Wisdom** "Believe in yourself and the rest comes easy!"