



# Personal Trainer



## Debora Dent

Since winning the Title, "Miss Surrey Congeniality" and being a long-time, Award-winning Business Professional, Volunteer and Realtor, DEB fortunately learned the importance of maintaining a "well balanced lifestyle" at a young age. While simultaneously raising 2 successful Sons/Golfers and working out at "Fitness World" on a regular basis for the past 20+ years, she believes if she could fit time in to exercise, anyone can. Her on-going, active lifestyle has definitely had an impact in her continuous pursuit of excellence and she is now available to share her wealth of knowledge, as your LIFESTYLE COACH. While becoming involved in one of her favorite hobbies (Ballroom/Latin Dancing), she became a BCRPA Certified Personal Trainer, and has the proven ability and skill to make a positive, valuable contribution that inspires others to "Be the Best You can Be". DEB is excited about assisting YOU with your important decisions and lifestyle choices, no matter what stage of life you're at. Once you "Resolve to Evolve", with DEB by your side, you will be thankful you took the first step to discover the talent and potential within you, no matter how big or small your goal may be.

## Philosophy

Living your Happiest & Healthiest Life is what really counts ... Aging gracefully means taking care of your health, wanting to look & feel your best, and knowing that it is not conceited, egotistical or selfish to do so. "Becoming a Better You" benefits not only you, but all others around you.

## Certifications and Education

- BCRPA Fitness Theory Certification
- BCRPA Weight Trainer Certification
- BCRPA Personal Trainer Certification
- CPR & FFA Certification
- UBC/BCRPA BC Fit '09 Continuing Education
- UBC/RECBC Licensed Realtor Certification (Since 1992)

## Additional Training & Qualifications

- 2007 DVIDA National Dancesport Champion - Las Vegas (Ballroom/Latin Dance)
- ARTHUR MURRAY Ballroom/Latin Amateur Dance Certificate - 2007
- GRAND BALLROOM Pro-Am Dance Group Award - 2008
- TV COMMERCIALS & MOVIES (20+ Years)
- TV HOST Volunteer Recognition (5+ Years)
- GVO/ACC - PGA TOUR PLAYER Golf Volunteer Recognition (5+ Years)
- KWANTLEN COLLEGE - Lieutenant Governor's Silver Medal Award
- BCBEA (British Columbia Business Educator's Association) Award

## Client Specialty Focus

- Goal Setting & Healthy Habit Formation
- Postural & Gait Improvement
- Dance, Golf & Sport Conditioning/Enhancement
- Development of healthy body, mind & spirit through disciplined approach to fitness of all 3

Words of Wisdom "Live your Best Life / Enjoy Everyday Life / Count your Blessings  
Appreciation attracts Blessings ~ Make Gratitude a Daily Practice"