



Specialty Trainer



Teresa Wright

Teresa's fitness career started at the Langley Fitness World in 1998. Sports and fitness have been part of her lifestyle from a very young age. She initially started working for Fitness World as a weight trainer and soon realized that she was passionate for health and fitness. Personal training was the career path she wanted to pursue. Currently Teresa is the Personal Training and Group Fitness director. Finding the time can sometimes be a challenge, but living a healthy lifestyle is a personal choice that Teresa has made.

Philosophy

To establish a balanced healthy lifestyle incorporating fitness into everyday living.

Mission Statement

To educate, inspire and motivate clients to become the healthiest that they can aspire to be.

Certifications and Education

- BCRPA Weight Trainer
- BCRPA Personal Trainer
- BCRPA Exercise to Music
- Power Pacing
- Active Rehabilitation for hip, knee, ankle, shoulder, elbow and wrist
- Can-Fit Pro Certified Personal trainer Specialist
- Can-Fit Pro Certified Group Fitness Instructor Specialist

Additional Training & Qualifications

- Exercise & Pregnancy
- Body Ball
- Core Conditioning
- Postural Assessments
- Strength & Flexibility Testing
- Youth Training

Client Specialty Focus

- Fat & Weight Loss
- Women's Issues
- Core Conditioning
- Beginner to Advanced Programming
- Pre & Post Natal

Words of Wisdom "Don't put off until tomorrow what you can do today!"