



Personal Trainer



Val McIntyre

Fitness has been a way of life for me from a very young age. As a distance runner with many half marathons under my belt, I continually train. Since the mid nineties, I've developed a passion for weight training as part of my overall fitness and enjoy that just as much as running. I wanted to learn more and share my passion with others so I decided to pursue a personal training career and have never looked back!

Philosophy

The greater the obstacle, the more glory in overcoming it!

Mission Statement

To lead by example and share with other the benefits of living a healthy and active lifestyle.

Certifications and Education

- BCRPA Weight Training
- BCRPA Fitness Theory
- BCRPA Personal Trainer
- CPR /First Aid

Client Specialty Focus

- Weight loss
- Strength and hypertrophy
- Endurance training

Words of Wisdom "Success doesn't come without a lot of hard work. By keeping focused and dedicated you WILL achieve your goals! "