



# Personal Trainer

## Flossie Green

I discovered a love for physical fitness at the age of 18 and never looked back. In addition to Personal Training, I also manage the Aerobics department here at Fitness World and teach several classes a week. I have two children who keep my husband and I very busy. I like to ski, camp, golf, cruise on my bike, play with my dogs and hang out with my kids. If there is any time left over, I have a good book or indulge in my favorite t.v. shows.

## Philosophy

Baby steps! I believe in establishing a goal and then setting out a clear path to achieve that goal. Some days are better, some days not, but there are no mistakes-only lessons to be learned.

## Certifications and Education

- BCRPA Registered Personal Trainer
- BCRPA Registered Group Fitness Leader
- BCRPA Registered Weight Instructor
- CPR and First Aid Certified

## Additional Training & Qualifications

- Fitness Director – Fitness World North Shore
- Seven years Experience as a Fitness Instructor

## Client Specialty Focus

I am interested in working with you if you:

- are experiencing lack of energy or frequently feel tired
- want to lose some weight
- feel your health may be deteriorating due to a sedentary lifestyle
- are ready to put yourself on top of your to do list
- want to take control of your health & minimize the risk of Type II Diabetes, Heart Disease, Osteoporosis and Obesity
- want to experience more self confidence