



Personal Trainer



Alex Davey

My love for health and fitness started at age 15 when I began training for Muay Thai and Sport Federation Kickboxing. After 7 years of training and amateur competitions I started working one on one with a personal trainer. Being able to achieve goals that I never thought possible, helped me to realize that I wanted to inspire that same motivation and confidence in others, that my trainer inspired in me.

Philosophy

Don't limit yourself. When a person focuses solely in one area, the dynamic benefits of their efforts can be lost. Focus, instead, on the holistic and multi-faceted changes, internal and external during this journey and you will be able to embrace and celebrate success in areas you would never have thought of!

Certifications and Education

- BCRPA Weight room instructor
- EZ meal plan nutrition certified
- Fitness first aid Certified
- CPR certified

Client Specialty Focus

- Lean Muscle gain
- Fat loss
- Martial arts
- Core stability & strength
- High energy motivation

Words of Wisdom "Your body can do a lot more than your mind thinks it can."