



Personal Trainer



Chelsea Degrazio

After struggling with being obese from early childhood into her early 20's, Chelsea finally took charge of her health after her mother was diagnosed with Type II Diabetes. After losing most of her excess weight through diet Chelsea took up weight training and other forms of exercise to lose the rest of her excess weight, and developed a passion for fitness and nutrition in the process. Chelsea truly understands and can relate to the struggles many people face with nutrition and eating habits and is a motivating force for her clients.

Philosophy

Anyone can improve the length and quality of their life with a little bit of determination and a belief in themselves.

Certifications and Education

- BCRPA Fitness Theory
- BCRPA Weight Training
- BCRPA Personal Training
- CPR & First Aid
- Bachelor of Management Degree

Additional Training & Qualifications

- Advanced Weight Training
- Group Personal Training

Client Specialty Focus

- Weight loss/management
- Functional Training
- Muscle Growth/Strength
- Nutrition
- High Energy Motivation

Words of Wisdom "Don't keep putting off what you can start today...by starting today you will be that much further ahead in the end."