



Personal Trainer



Leandra Fausto

I have always been a competitive sports person and as I got older I decided it was time to not only take my sporting skills to the next level but to learn more about the body can do. I joined Fitness World where I could receive specialize advice on how to achieve my goals. After training one on one with Josh and observing him with other clients, I realized that I also wanted to be that person whom someone can come go to receive guidance about nutrition and their body and hopefully change their life somehow too. I made a career changing move from Nursing school to Human Kinetics. I am currently studying towards a Bachelors degree in Human Kinetics where I find that my knowledge is forever expanding. My goal one day is to become a Physiotherapist where I can assist people with injuries and rehabilitation.

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 Fitness Theory
- BCRPA Weight Training Instructor
- BCRPA Personal Fitness Trainer (Completing)
- B. HKIN Langara College/UBC Transfer (Completing)
- EZ Weight Loss & Nutrition Certified
- First Aid and CPR

Client Specialty Focus

- Weight Loss and Maintenance
- Motivational Coaching
- Body Shaping/Toning
- Cardiovascular Conditioning
- Functional Training

Words of Wisdom "The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly." Buddha