



Elite Personal Trainer



Melissa Smith

Melissa has been interested in sports and fitness since a young age. She competed in various sports in school, and when she graduated, Melissa received a fitness club membership as a gift. This sparked her interest in weight training and aerobic exercise, and she enjoyed the gym environment so much that she decided to start working there. During her seven years there, she worked her way up to becoming the club manager, and became familiar with all aspects of the facility. While working there, she also completed a university degree in an unrelated field, yet found herself so enthused and interested by health and fitness that she decided to study nutrition and fitness training instead. She is now continuing her journey with Fitness World as she genuinely loves to help others overcome their struggles and obstacle in order to improve their health and lifestyle. She is passionate about sharing her knowledge and experience to empower others to take control of their results and reach their goals. Melissa has lost 20 pounds in the last year, and kept it off, through exercise and proper nutrition. Let her show you how to do it too!

Philosophy

I believe that health and fitness is an integral part of a happy, fulfilling life. When you feel and look your best, everything else falls into place. Anything is possible!

Certifications and Education

- BCRPA Certified Personal Trainer
- BCRPA Certified Weight Trainer
- BCRPA Certified Fitness Theory
- Fitness First Aid & CPR
- EZ Weight Loss & Nutrition Program Certified
- Bosu Balance Trainer Certified
- Leadership/Motivation Courses
- Management Courses

Client Specialty Focus

- Weight Loss/Management
- Cardiovascular Conditioning
- Core Strength Training
- Body Shaping/Toning
- Goal Setting/Needs Analysis
- Motivational Specialist

Words of Wisdom "You are pure potential and can do whatever you set your mind to."