

PERSONAL TRAINER

Originally from Dawson Creek, BC, I have always led an active lifestyle influenced by my hardworking father and my mother, a military engineer and kickboxer. From manual labor jobs like roofing and flooring to biking from Jasper to Banff, I've been physically active my whole life.

Believing that small daily improvements lead to long-term results, I look forward to helping you build a better you. Emphasizing proper understanding and direction for better health and injury reduction, I'm eager to share my passion for exercise. As Confucius said, "The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock your door to personal excellence."

MoveLearnPlay.edmonton.ca



Damien

CREDENTIALS:

CSEP - Certified Personal Trainer
TRX Group Strength
YMCA Group Fitness - Strength
YMCA Older Adult

EDUCATION:

NAIT Personal Trainer Diploma

TRAINING LOCATIONS:

Kinsmen
Meadows
Mill Woods
Terwillegar