

PERSONAL TRAINER

I have been involved in fitness throughout my whole life and I am very passionate about it! I have been playing competitive soccer since I was 8 years old and continue to play women's premier. I have also been weightlifting for 10 years. I love the outdoors and enjoy hiking and lots of walks with my dogs.

Whether you are needing to learn the basics of exercise and proper form, or you want to be pushed to the next level, I am here for you! My areas of interest include resistance training, sports conditioning, rehabilitation, and adapted exercise.

I can also implement strategic corrective exercise work into your very own personalized program to help you perform better and feel better.



Lexie

CREDENTIALS:

CSEP - Certified Personal Trainer
NASM - Corrective Exercise Specialist
CSEP - Nutrition II

EDUCATION:

Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

Dr. Anne Anderson
Hardisty
Mill Woods
Terwillegar
The Meadows