

# PERSONAL

# TRAINER

Hello! I'm Supreet, a passionate fitness enthusiast and wellness advocate. My personal quest for health evolved into a mission to inspire others. I specialize in creating personalized fitness plans to help you build strength, improve endurance, and enhance overall well-being using evidence-based techniques.

I love working with motivated individuals, making fitness both effective and enjoyable. Driven by the positive changes it brings to people's lives, my mission is to help you unlock your full potential and make fitness a fun, rewarding part of your life. Let's embark on this journey together!



## Supreet

**CREDENTIALS:**

CSEP Certified Personal Trainer

**EDUCATION:**

Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

Terwillegar  
Mill Woods  
Meadows