

# PERSONAL

# TRAINER

A passion for learning and physical activity took me to Kinesiology and exercising to improve my health - but it took many ups and downs to reach my goals. Working out can be inconsistent and full of setbacks.

It's my goal to help you build self-confidence and find physical activity that works best for you! I use an evidence-based approach and think there is something for everyone to enjoy and become consistent in, although I would be most helpful to those looking to build strength, technique, or consistency.

I hope to see you achieve your goals!



## Vincent

**CREDENTIALS:**

CSEP Certified Personal Trainer

**EDUCATION:**

Bachelor of Kinesiology

**TRAINING LOCATIONS:**

Commonwealth

Kinsmen