

**“Together, with your body and mind,  
we will reach your most sought after goals.”**

*~Lee M.*



**Experience:** Two years Personal Training  
Two year Fitness Consulting

**Specialty:** Accelerated Weight Loss  
Nutritional Counselling

**Certification:** Canadian Personal Trainer Network

**Training Characteristics:** Technique, Creativity, Intensity



*“Why go around an obstacle when  
you can climb over it!”*

