

Cristy Villegas

As a Personal Trainer,
I see things from a preventative and
functional perspective of health;
how exercise affects us at the cellular
level.

Wellness in committing to a positive
health action which we are able to do for
at least 15 minutes a day for the rest of
our life. Not just for a season, but for the
rest of our life.



Philosophy:

“The smallest deed is better than the greatest intention.”

Certifications:

Registered BCRPA Personal Trainer; Third Age; Osteofit Instructor;
Bachelor of Science, Molecular Biology.

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