

Melanie Galloway

Melanie has been working with the older or “challenged” population for over 14 years and believes it is important to teach people skills to help themselves make the most of what they have. She firmly believes that if there is some body part still working then function can be improved. Melanie is constantly seeking the latest information to keep her programs safe, effective and innovative.

Grandchildren and children and travelling keep Melanie busy when she

is not teaching or researching new information in fitness. She works and plays from a sports wheelchair and believes her major strength as an empathetic instructor comes from being nearly 60 and having to deal with personal limitations arising from Post Polio.

Melanie works mainly with the over 40 population and particularly those with special challenges. She does training both in the water and on land; weight room or home based exercise programs.



Certifications:

B.Sc. in Physiology from The University of St. Andrews (Scotland); “Certificate in Health and Fitness” from Simon Fraser University; Biology Instructor, Queen’s University, Kingston, Ontario; Trainer; Advanced Fitness Specialist (ACE); Arthritis Society; Water Works and Joint Works Instructor; B.C. Woman’s Hospital; Trainer, Supervisor and Instructor of Osteofit; Cardiac Rehabilitation Instructor; TFL for Weight training and Aquatic Fitness.

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