

## Meghan O'Connell



I finally found "my" sport in 2000, and it turned out to be boxing. After six wonderful years of competing, I began coaching. At that time, I realized I wanted to shift my working life to better reflect what is so important to me: promoting activity in any way that is fun, functional, and minimizes the potential for injury.

I believe in movement as a way to maintain and improve physical function on many levels, with the mental and emotional benefits of exercise being immediate bonus payoffs. With an emphasis on core training, good technique, and gradual progression, bodies will grow stronger and healthier. My mission as a personal trainer is to help improve your quality of life by challenging you to work hard...but safely.

### **Areas of Interest**

#### **Boxing**

NCCP-registered Level A coach in boxing, with a competitive background (2004 B.C. champ and bronze nationalist, 54 kg). Combined boxing/muay thai record of 11/7.

#### **Core strengthening / injury prevention and rehab**

Personal experience with multiple soft-tissue sports injuries has given me practical tools to help prevent injuries in the first place-and also to help you rebound from them.

#### **Running**

Recreational road and trail runner with aspirations to run a 45:00 10K this year.

### **Certifications:**

Registered BCRPA Personal Trainer, Third Age instructor.

### **Contact information:**

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