

Raychel Bouwman

I first became interested in fitness at the age of 16. At that time I weighed a whopping 220lbs which was a lot for my then 5'7" frame to carry around daily. I knew I needed to change things drastically if I was ever going to feel good about who I was so I started walking for 10 minutes a day. At the time this was extremely hard for me physically due to years of inactivity. However it wasn't long before I noticed a change in my strength, stamina and general well being.

As the weight came off and my body and self esteem improved I became obsessed with the need to get thinner and thinner. Within a year I found myself at the opposite end of the spectrum- where before I had been excessively overweight I now strove to be underweight and was diagnosed with anorexia nervosa at 17. Five years later I have finally achieved physical and mental balance. My goal is to use my personal experience to help other people discover the power to achieve good health through balance and lifestyle.



Certifications:

Registered BCRPA Weight Trainer, Personal Trainer, Third age instructor.
JCCGV Weight Room Supervisor

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