

Shari Feuz

With over a decade of experience as a personal trainer, my passion is guiding people to lead their best lives through fitness. That might mean staying healthy, looking good, feeling full of energy, having big muscles, or all of the above!

The many benefits of fitness are yours for the taking and the key to reaping those benefits is a deep enjoyment of your fitness program, unfortunately too many people DON'T enjoy their fitness program. Most people follow a 'script' for getting fit, the problem is that script isn't ideal for everyone.

Fitness is like art. What one person may view as beautiful, another may view quite differently. And that is where I can help, by helping you discover your best fitness strategy. *I look forward to sharing with you everything I have learned about health and fitness over the last 12 years.*



I can help you

- Reconnect to your body after having a baby
- Eliminate mystery back, neck and head pain
- Follow doctors orders and lower your blood pressure or cholesterol
- Fortify your bones with a strength training program
- Look 10 years younger
- Wear a bikini and feel good about it (or maybe just a sleeveless shirt)
- Get big muscles like Arnold
- Fit into your favorite jeans, dress, suit...again
- Improve your game (tennis, skiing, swimming, bowling, wrestling with your teenagers, etc...)
- Get out of the house and learn something new
- Age a bit more gracefully than you are currently
- Feel good stuff like increased energy, better sleep and balanced mood

Certifications:

B.A. Kinesiology, University of Victoria, 2000
Certified Personal Trainer, British Columbia Recreation and Parks

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