

# PERSONAL TRAINER

“Hard work is only a sacrifice when you don’t have a goal” , as a personal fitness trainer I partner with clients to set realistic goals and manage expectations for their fitness. I truly believe that no one should be comparing yourself to someone else, as each human being is unique, and therefore, has their own journey.

My main focus is on the variables that improve strength and build muscles that are within one’s control (it is all about training smart and hard to maximize your gains). Keeping my client’s positive mindset toward their fitness program is my utmost priority because I know how important it is to stay consistent and optimistic while working with a trainer/coach. It is the key to making long-term progress.



## Anton

**CREDENTIALS:**

FA Personal Fitness Trainer  
FA Group Exercise Leader  
FA Pre and postnatal certification

**EDUCATION:**

Bachelor of Science and  
Education

**TRAINING LOCATIONS:**

The Meadows  
Dr. Anne Anderson  
Terwillegar