



RYAN ARMITAGE

CERTIFICATIONS: Fitness & Health Diploma - Algonquin College, Can Fit Pro PTS, CPR First Aid.

SPECIALTIES: Strength Training, Motivation, plyometrics, body toning, Fat loss, muscle mass, nutrition.

INTERESTS: Football, weight/power lifting, outdoors, guitar, personal training

FITNESS PHILOSOPHY: *"With obesity levels rising, and the world becoming more sedentary by the day, it's important to educate people at a young age about the benefits of healthy eating and exercise so they can use these lessons to increase their lifespan and overall quality of life"*

CLIENT QUOTE: *"Ryan was very helpful and understanding in regards to my fitness goals. He found interests we had in common which he implemented into my training which allowed me to have success as well as have fun. I found he possessed more knowledge than your standard trainer in regards to exercise, nutrition and motivational techniques which made me reach my goals quicker and safer than I ever have before." -- Lorne Kerzner*