

Starting to get fit at the age of 50 was the most unnerving thing I have ever done. I had no experience with fitness, exercise or nutrition, until I met Chris. I have been training with Chris for almost a year. I found him to be patient, kind, caring and professional. I have lost 50 lbs, 48 inches and my percent of body fat has decreased from 43% to 20%. Chris tailored my sessions to my goals and kept them new. I truly appreciate all Chris has done for me.— Heather G.

Playing in the Ontario Hockey League with such a high level of competition, to be the best you have to be better than the rest. Training with Chris helped me improve my on ice conditioning. My speed and agility increased and my game developed to a level that I never attained before. Chris has an ability to take any athlete to the next level and I would highly recommend Chris.—Matt L.



To be successful you must dedicate yourself 100% to your training, diet and mental approach. As a certified personal trainer with over ten years experience I can help you achieve your fitness goals no matter what they may be through intense training, added motivation and education on diet and nutrition. I will give you the tools that will enable you to be successful and live

With my extensive knowledge, background and experience in strength and conditioning, weight loss, muscle building, core/cardiovascular training and nutrition, I have helped numerous individuals achieve their goals.

I have worked with athletes training for sport, bodybuilders training for competition, individuals who want a lifestyle change to people who have wanted to lose the last ten pounds. I incorporate a thorough training regime for each individual based on their needs and goals.

The meaning of life is not simply to exist, to survive, but to move ahead, go up, to achieve and to conquer. With my clients, failure is not an option. Everyone will succeed!

Quick Facts

- Can-Fit Pro Certified Personal Training Specialist
- ACE Certified Personal Trainer (American Council on Exercise)
- CSCS Certified Strength and Conditioning Specialist (Hockey Football)
- NCCP Level IV Coaching Certification (Football)
- First Aid and CPR Certified
- NCAA Division I Athlete
- NPC Competitive Bodybuilder