



I have been working in the fitness industry exclusively at Lifestyle Family Fitness for the past 15 yrs. I am a certified through I.F.A. as a Personal Trainer Specialist, and as a Nutrition Specialist. This knowledge allows me to personalize each individuals training so they can obtain safe, conclusive results. Through careful planning and guidance, I am committed to helping people obtain their goals!

I believe that fitness is a way of life. I appreciate fitness and exercise on many levels. Physically, performing exercise can be rigorous, but the reward and the feeling of accomplishment once something difficult is completed is one of the best feelings in the world! Mentally, the challenge of controlling your mind to force your body to overcome an overwhelming task is something of true value. Spiritually, being fit and living a healthy lifestyle can bring a tremendous amount of satisfaction to one's life. My goal is to have the opportunity to share this with all who are willing.

Jamie, has been featured in the following publications: *F.I.T. Magazine, The Drive, Tecumseh Tribune, Biz X, Windsor Life and am 800 radio.*

“Mistakes and bad advice at the gym regardless of your skill level are pitfalls we all get into. Jamie with his years of knowledge and wisdom has set and guided my steps onto the path of steady and continuous progress towards my goals from day one. Investing time and money with him has yielded benefits that will last well into my future”

**Jim Forsyth**

“ With Jamie as my coach for 3 years, I have won local, provincial and national bodybuilding titles. I have earned spots on Team Canada and competed at two World Championships. I would not have been able to do these things without him. He turns dreams into reality”

**Bobby Rucpich**

If “ Guardian Angels” exist Jamie is one of them, he has helped prevent injuries I would have had following bad advice. With his help and guidance I have made steady serious progress towards my fitness goals. From cleaning up my diet, and warming up, to exercise...every step of the way he has been invaluable!!

**M. Klein**

**If you fall into any of the following categories, I am looking forward to helping you;**

- You do not know where to start.
- You are not seeing results.
- You need to be challenged.
- You want to learn how to exercise on your own.
- You need accountability and motivation.
- You have a specific illness, injury or condition.
- You are training for a sport or bodybuilding show.
- You want supervision and support during workouts.



# Dave Orton - Fitness Director



Abe Ammari - Chiropractic Student / MMA Fighter

" Training with Dave is probably one of the best decisions I have ever made. I am a highly active person who competes in Mixed Martial Arts and submission grappling. At one point I hit a plateau and heard Dave was the man to see. Once seeking his help and after hearing my problems Dave understood and knew exactly what needed to be done. His Knowledge and passion for Personal Training has given him a great reputation for getting the job done and he proved it with me. Knowing that a basic workout was not for me, he incorporated his S.H.I.F.T. system which put me at a whole new level of training and ability. I dropped over 30lbs in just over two months and am still maintaining it. Thanks Dave for never giving up on me."

