

“When I first met Matt I was recovering in pain from a herniated disk in my lower back. He researched my condition and carefully designed a custom training program to best suit my needs. One year and a lot of sweat later, I am in the best physical shape of my life and pain free. I credit Matt for his dedication and enthusiasm in bring me back and feeling strong in body and mind ” *Chris Clark*



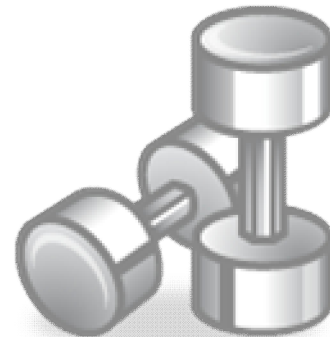
I have been working as a personal trainer at Lifestyle for over a year now, I previously was a trainer and fitness manger at goodlife for 3 years prior. My training style is a functional core strengthening approach which focuses on balance, stability and constant engagement of your mid section.

I train members of the Windsor Spitfires along with other athletes which has allowed me to grow into a dry land conditioning coach. I am certified with

The International Fitness Association as a personal trainer as well as an nutritional specialist which helps me monitor more then just your workouts. I also have my level 1 and 2 coaching certification. I constantly assess my clients to make sure we're always on the right path too achieving there personal goals.

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

- You are not seeing results.
- You do not know where to start.
- 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 event.
- You want supervision and support during workouts



“Training with Matt for 1 and 1/2 years has transformed me in ways that I never thought possible. His wealth of knowledge and experience has helped me become stronger physically and mentally. He has made me enjoy training tremendously to the point that I look forward to going to the gym every day. Matt is the best trainer I have ever worked with and has also become a great friend. I owe him a great deal!” *Laura F*

# 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."

