

Fitness Advisor

Leyla Hassan, B.RS, Diploma in Personal Training (UK), Personal Training Specialist (Canada)

Did you know regular exercise can:

- Reduce the risk of coronary heart disease
- Reduce the risk of developing certain cancers
- Help maintain healthy bones, muscles and joints
- Reduce the risk of developing type 2 diabetes
- Reduce stress
- Increase energy levels
- Increase lean muscle tissue and decrease fat tissue
- Promote bone density to protect against osteoporosis
- Help maintain a healthy weight
- Lower levels of anxiety and depression
- Enhance feelings of well being

Leyla has an undergraduate degree in Recreational Studies from the University of Manitoba and has a Personal Training Diploma from Lifetime Health & Fitness in Edinburgh, Scotland. Leyla is also registered with the Registry of Exercise Professionals (UK) and Can-Fit-Pro, Canada.

Leyla will design an individual training program based on your health / medical concerns, goals and fitness level. Your program can be designed to work around your schedule and lifestyle as well as your preferred choice of workout location (home, gym, outdoors, etc).

Fitness for all ages and abilities