



Steve

Personal Training/Lifestyle Coaching/Mountain Biking

Name: Steve

Profession: Performance Acura: General Manager

Current Life Position: Working full time.(plus, overtime hours) Married with 2 children. At times, finding it challenging to manage lifestyle. Striving to balance career, family and taking care of myself.

Services/Programs Attended: Personal Training, Mountain Biking , Lifestyle Coaching.

Steve's Success With Chris: Now more self aware. Learning the tools to living a healthier more balanced lifestyle. Regularly exercising, (strength training, mountain biking, including seasonal indoor cycling, playing soccer, competing in Mountain Bike races) Practicing eating smaller, healthier meals more often. Feeling less overall stress, has more energy.

“Chris has become a friend. He has helped me strive and achieve the goals I felt were not attainable for me to reach on my own. With his patience and caring, I am currently working towards meeting these goals and setting further goals beyond my initial expectations.” – Steve

Steve

Personal Training/Lifestyle Coaching/Mountain Biking

As a business professional working long hours, and having to deal with day-to-day stresses, I knew it was time for me to do something about my lifestyle. I was not taking care of myself. I was eating unhealthily and not getting any sort of regular exercise. I felt like I just did not have energy to be as productive as I would like to be in my life. I had considered working with a Personal Trainer in the past but I wasn't sure about whether I was ready for this kind of commitment. Now when I look back, I wish I hadn't waited as long as I did before starting. Chris was genuinely interested in me; he listened and understood what my needs were. It wasn't all about exercise, but more about a balanced approach of considering my profession, personal, and family life. Within our Lifestyle Coaching sessions, I soon came to realize what I needed to do for myself. I set priorities to realign my life in the direction of my goals. I feel much happier living a healthier more productive and balanced Lifestyle. My eating habits have improved; I am now eating healthier foods and not skipping meals, which gives my body and mind the proper fuel to feel energized throughout my day. Within the Personal Training sessions, Chris teaches me how to get the most out of my exercises. He individualized my program and has helped me improve in mountain bike racing. We trained on the trails where Chris was able to see what I needed to work on to get better at riding. As a recreational soccer player I also could feel my game on the field has improved. I have more endurance and improved balance which helps my agility in soccer.

“Chris has become a friend. He has helped me strive and achieve the goals I felt were not attainable for me to reach on my own. With his patience and caring, I am currently working towards meeting these goals and setting further goals beyond my initial expectations.” – Steve Champion