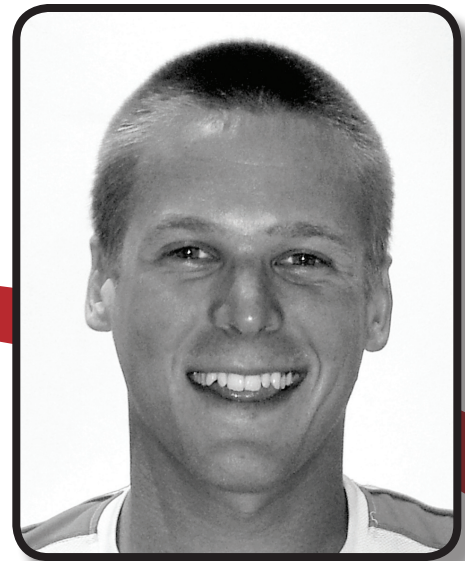




Adam Scott



Having graduated with Honours from the Humber College Health and Fitness Promotion Program, **Adam** has always been a passionate advocate of health and wellness.

Belonging to various sports teams (hockey, lacrosse, rugby, football, track & field) throughout his high school career enabled Adam to acquire a taste for fitness training that has always stuck with him. His dedication and passion led him to qualifying and competing at the Provincial level for four consecutive years as well as being awarded Male Athlete of the Year.

Having had such a desire for health and wellness it only seemed fitting that Adam would pursue a career that allowed him to help others develop and achieve their own fitness goals. Adam is a valued member of the Cardio-Go team, attracting others with his motivation and encouraging them to better themselves with his positive attitude and drive.

Adam is known for always being friendly and approachable and encourages you to ask him questions you may have.



Qualifications

- 2012 Standard First Aid with CPR/AED Level C
- 2011 Diploma in Health and Fitness Promotion, Humber College
- 2011 American College of Sports Medicine - Certified Personal Trainer
- 2011 CanFit-Pro Fitness Instructor Specialist (FIS)
- 2011 CanFit-Pro Older Adult Specialist (OAS)
- 2010 CanFit-Pro Certification (PTS)

