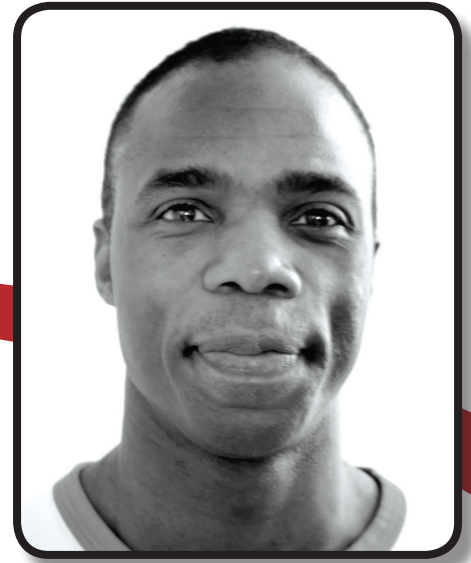


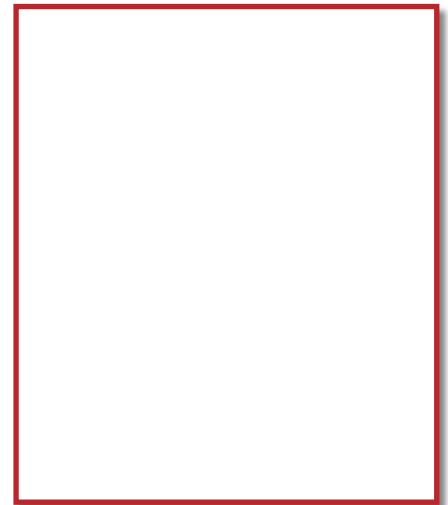


**Anthony Whitney**



**Anthony** is a personal trainer/fitness consultant through the Canadian Society of Exercise Physiology (CSEP) focusing on designing and implementing strengthening, athletic conditioning and weight loss programs. He has an educational background in Sport Administration as well as Health and Wellness with 11 years of very highly successful fitness coaching and being a former pro-soccer player himself, he's now a provincial (B) licensed soccer coach when not training. He channels his education and dedicated coaching skills into offering clients a unique and fresh approach to health, wellness and fitness training.

Anthony's passion for fitness, commitment to clients and relentless energy and strong belief in SMART goal setting are the driving forces behind his success. SMART simply stands for Specific Measurable Attainable Realistic and Timely. When applied to an exercise program, it will lead you to satisfying results. There's no greater feeling in the world than setting a goal, creating and executing a plan to reach it.



## Qualifications

- 2011 Lifesaving Society CPR, Heart Saver AED (BLS-C)
- 2003-06 Coached Durham College Women Soccer
- 2002 Ryerson University Personal Training level 1 & 2 - Health Wellness Program
- 2000 NCCP Level 3, Soccer
- 1998-Present CSEP / CFC / CPT
- 1994 Played for Portsmouth YTS, Team Ontario
- 1994 Played for Portsmouth YTS, Team Ontario
- 1994-95 Sports Admin (Durham College)

