



Duyen is a certified personal trainer, former running instructor and an award winning fitness competitor.

At the age of 14, Duyen earned her 2nd degree black belt in Tae-Kwon-Do, where she competed in tournaments and became an instructor. During her years working in the Architectural industry, Duyen developed several health issues. Stress, lack of physical activity and poor eating habits lead to weight gain, chronic back pain, constant fatigue, and depression. Wanting to take back control of her health, Duyen started her fitness journey and became passionate about helping others achieve their health and fitness goals.

Duyen strongly believes that movement is medicine and obtaining long term fitness success is achieved through consistency and gradual life style changes instead of quick fixes.

DUYEN BRIGGS

*Fitness Specialist,
Cardio Go*

QUALIFICATIONS

- 2015 - Certified Canfit Pro personal trainer
- 2015 - Certified Level 1 DTS Program Design, Assessment and Exercise
- 2015 - Certified Level 1 DTS Olympic Lifting
- 2015 - The Informed Runner Workshop
- 2015 - Animal Flow Workshop
- 2014 - Certified NASM (National Academy of Sports Med) personal trainer
- 2014 - Qualified TRX Suspension Instructor
- 2002 - Bachelor of Architectural Science, Ryerson University
- 2nd degree black belt in Tae-Kwon Do

