



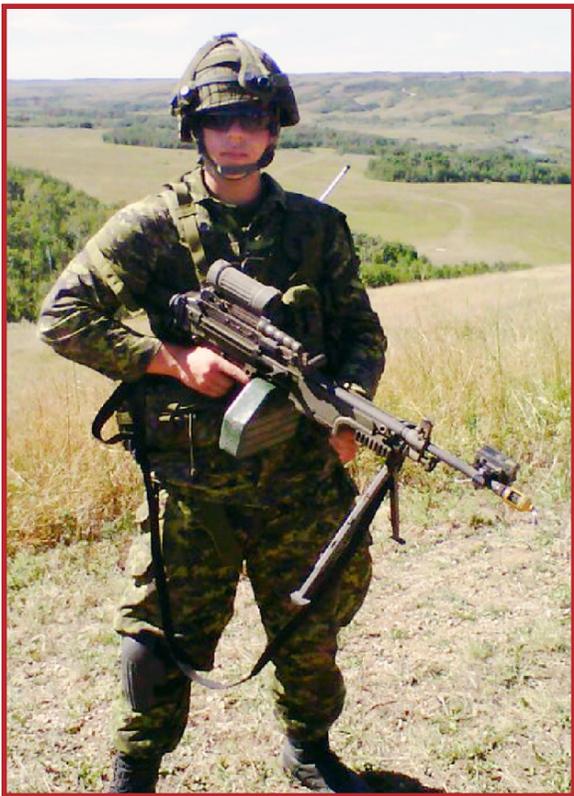
**Matt Zasidko**



From fat to fit, **Matt** was fed up with his obesity. He took the initiative, and on his own, lost 60 lbs in just a year. With a new body and a new outlook on life, Matt wanted to see just how far he could push himself and his newly developed fitness. So in 2010 he decided to join the Canadian Forces Army Reserve, and is still an active infantryman with the 48th Highlanders of Canada.

Through the Army, his passion for fitness grew, so he decided to go to Humber College and become a Personal Trainer through the Fitness and Health Promotion program.

Matt specializes in weight loss, strength training, Kick Boxing conditioning and group exercise classes. He's very technical and specific when it comes to training, and prides himself in combining the scientific facts of exercise, with un-orthodox exercise methods developed from the Army.



## Qualifications

- 2013 Fitness and Health Promotion Diploma from Humber College.
- 2012 Certified Personal Trainer with Canfit-Pro.
- 2011 Competitor in annual St Johns' First Aid Competition.

