



DAVE GASCHO

PERSONAL TRAINER LEVEL III

Education

- Recreation and Leisure services – Niagara College
- Certified Personal Trainer- National Strength and Conditioning Association
- Personal Trainer Specialist- CANFITPRO
- NCCP Weightlifting Coach (Theory)
- Nutrition and Lifestyle Coach (Level 1)

Dave has been in the fitness industry working 1 on 1 with clients for over 8 years. He has a strong passion for all facets of training. His love of fitness can be demonstrated by looking at his fitness history which has taken him on many different paths. Throughout his teenage years and into his early 20's he trained in and taught martial arts. After heading to college he picked up distance running which led him to complete in his first marathon in 2004. After becoming a certified trainer and learning more about the amazing benefits strength training has to offer he began training for powerlifting and competed in his first powerlifting competition in 2006. More recently Dave has taken up competing in strongman events, which included a 2nd place finish in the lightweight division at Montreal's Strongest Man 2011. Through these pursuits he has developed a strong understanding of dedication and commitment to excellence. Through his years of experience training others and competing it has become so apparent how unique people are and how an individualized approach is mandatory for success and must take into account an individual's habitual physical activity, physical function, health status, exercise responses, and goals. He also focuses on teaching clients about the benefits of exercise and physical activity such as decreased risk of developing coronary heart disease, stroke, and type 2 diabetes, and how exercise has a strong role in enhancing insulin sensitivity, lowering blood sugar, and weight management.



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