



Jen Hum
Personal Trainer Level III

Education

- Bachelor of Physical and Health Education - Queen's University
- Certified Personal Trainer – NASM, ACE
- Muscle Activation Techniques Jumpstart Program
- Medical Exercise Specialist – AAHFRP

The human body is an amazing feat of engineering and design. Although their structure and function operate on similar principles, no two are identical. Jen applies a similar ideology when she educates others about improving their physical fitness. Even after years of sports and dance training and 8 years in the industry, she is still always in awe of the different ways the body adapts to environmental stimuli.



**TORONTO
ATHLETIC CLUB**

torontoathleticclub.com

Cambridge Group of Clubs