



KAMAL SHAH
Personal Trainer, Level III

Education

- Bachelor of Physical Education and Health – U of T
- Resistance Training Specialist - RTS
- Holistic Lifestyle Coach – HCL 1
- Certified Strength and Conditioning Specialist – NSCA
- Poliquin International Certification Program – PICP 1

Philosophically, Kamal views exercise as a vehicle for personal growth. Being in the industry for several years, Kamal has observed an undeniable correlation between the process of achieving health/fitness related goals and the self awareness and clarity which accompanies reaching that goal.

It is the ups and downs of this journey, and the struggles that test mental character and spirit which is the real exciting aspect of training for Kamal. It is what makes this such a rewarding career!

Technically, Kamal approaches Training from a methodical and practical perspective. He believes in identifying and strengthening weak muscle groups before subjecting them to complex motor patterns. Based on the current fitness level and goals of his clients, Kamal will subject them to a variety of challenging and fun workouts; while paying special attention to setup and execution of each exercise.

Kamal ensures that in addition to Training, Nutrition and Stress Management also play an integral part in each client's experience. It is the management of the three in combination which constitute the pillars of optimal wellness!

Looking forward to the journey.....



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