



MARLIN SARAIVA
Personal Trainer, Level III

Education

- Fitness & Health Diploma
- Personal Trainer® certified – ACSM
- Certified Fitness Consultant – CSEP
- Post Rehabilitation Conditioning (Upper & Lower body) – CPTN
- Muscle Activation Techniques (Upper/Lower/Trunk & Spine)

We all want similar things in life...one of them is to be good at what we do. Regular, structured activity is one of the things we must do to sustain a healthy lifestyle. To be effective and successful with our exercise routine we must adhere to the process and respect our bodies. I believe in making this process simple. Who wants or needs to spend hours in the gym? What we need is a fast, fun, effective and most importantly, accurate way of training *our* body based on *our* current physical settings. Depending upon our physical needs in life, our training in the gym should reward us with the ability to move with ease and fluidity and/or with power and precision. Never making light of how beneficial exercise can be in clearing or recharging the mind. If our physical demands in life are minimal then we need to ensure that we maintain good posture, move pain free and energetically, have healthy joints and a strong heart. Certainly, with regular exercise, our world opens up to other possibilities for a much more passionate and active lifestyle. It is necessary to take it slow at first, ramp it up when physically and mentally ready, then, to stay committed, shoot for gold - *your gold*. Always making room for improvements and ensuring good strength maintenance while aging. As a fitness professional, my goal is to ensure that your process in the gym and beyond is accurate, safe and enjoyable and that you have the assistance you need to adopt regular activity as part of your life.



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