



MEG SHARP
EXECUTIVE DIRECTOR OF PERSONAL TRAINING CGOC
LEVEL IV

Education

- M.Sc Exercise Psychology; University of Toronto
- B.Ed Kinesiology, McGill University
- Certified Fitness Consultant - CSEP
- Certified Personal Trainer
- Certified Spin Instructor - Reebok Cycle
- Certified Group Fitness Instructor

Through her research and her work in the fitness industry, Meg continues to grapple with the question of why so many people, despite their best intentions, struggle to maintain a physically active lifestyle. We are all aware of the numerous physical and psychological benefits that are supported by regular exercise, yet many of us drop out within months of initiating a fitness routine. While there are numerous barriers and challenges to getting and staying fit, the main roadblock is that we just don't make it a priority. We can throw out all kinds of excuses for why this is the case, but it typically comes down to two things: it's not enjoyable and we aren't getting the results we had hoped for.

Drawing on science and experience, Meg insists effective exercise programs need to be specialized, challenging and stimulating both mentally and physically. It's not enough to just exercise, you need to set specific goals and develop aggressive and systematic strategies to attain them. While the really tough challenges you encounter on the road to your goals are far from fun, there's lots of space on the way to play, and overcoming the challenges is exhilarating in the end. Meg is there to educate, support, and cheer you forward to a stronger, happier, more effective you.

"Anyone can give up. It's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength"



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