



**MICHAEL SAVAGE**  
Personal Trainer, Level III

**Education**

- HND in Sport and Exercise Sciences, UK
- Advanced Personal Training Certification, UK
- MES (Medical Exercise Specialist)
- CSCS (Certified Sports Conditioning Specialist)
- RTS (Resistance Training Specialist)
- FA Coaching Certificate (Soccer) Level II, Leicester City Football Club

Michael started off his career in sport playing professional football (soccer) in the UK for Leicester City Football Club.

He then graduated in Sport & Exercise Sciences with a Higher National Diploma, and complemented this with an additional certification in Advanced Personal Training at the same institute.

Since moving to Canada and becoming a part of the team at the Toronto Athletic Club, Michael has become qualified in numerous certifications in order to keep top flight in the fitness industry of today.

Michael understands the importance of providing all his clients with an individualized, specific, and progressive training program as well as offering exceptional professional service, motivational support, and providing them with the latest fitness knowledge in order for them to achieve successful results.

*“It is important not to underestimate the effort and discipline required to reach your fitness goals”!*



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