



**MIKE VIERA**  
**PERSONAL TRAINER LEVEL IV**

**Education**

- BSC Kinesiology
- ACE Certified Personal Trainer – American Council on Exercise
- Canadian Society of Exercise Physiologists – Certified Personal Trainer (CSEP-CPT)
- Sports Performance Specialist – Twist Conditioning
- Athletic Therapy - Sheridan College
- Strength and Conditioning Coach of the Dalhousie Tigers Women's Basketball Team
- Athletic Therapist to the Dalhousie Women's Basketball Team, Halifax Rugby Football Club (mens) and Nova Scotia Mens Provincial Rugby teams
- NCCP Level 1 and 2 Coaching Certification
- Certified Spin Instructor – Johnny G
- BOSU Certification – Twist Conditioning
- Resistance Training Specialist (RTS) – Lecture and Practical Sessions
- Medical Exercise Specialist (MES)
- Jump Rope Certification – Buddy Lee

After many years of team training as both Strength and Conditioning Coach and Athletic Trainer at the university varsity level, Michael made the transition to one-on-one training, focusing on the individual and their ability to maximize their strengths in and out of the gym. Drawing on experience from both disciplines and his own personal workout experience, he is able to tailor programs specific to the individuals' wants and needs...from healthy well being (active living), body shaping, injury prevention and rehab to sport specific conditioning. He believes we take too little time for ourselves. Together, we can make time for a healthy lifestyle. A balanced life is best. We must maximize the time we have and balance the mind and body. Only then will there be true awareness of ones capabilities.

***"No Sacrifice, No Victory!"***



**TORONTO  
ATHLETIC CLUB**

[torontoathleticclub.com](http://torontoathleticclub.com)

Cambridge Group of Clubs