



NAOMI DALLE
Personal Trainer, Level II

Education

- Personal Training Specialist – CANFITPRO
- Medical Exercise Specialist

Naomi was first introduced to a gym at the age of 16 and quickly fell in love with club culture. Addicted to learning everything she could about weightlifting, body shaping and nutrition the gym remained a large priority in her life. Naomi did most of her learning hands-on mostly through mentors and seasoned personal trainers. Becoming a staple in many gyms she became the go-to girl for many other members seeking knowledge, ideas and proper form. Always loving to train other people she finally realized this was her passion and turned it into a career. After certifying through Can Fit Pro over three years ago, she began officially training a wide array of people. Becoming involved in fitness in all its facades, she decided to challenge her own body and now competes in figure competitions annually.

I look forward to continue my education in fitness, nutrition and health and promote healthy living. I truly do practice what I preach in hopes to inspire others and be a role model for living a full and healthy life, physically, mentally and spiritually.



**TORONTO
ATHLETIC CLUB**

torontoathleticclub.com

Cambridge Group of Clubs