



REBECCA VICKERSON
Personal Trainer, Level I

Education

- Bachelor of Business Administration, UNB
- Canfitpro Personal training specialist
- Canfitpro Fitness instructor specialist
- Medical Exercise Specialist (MES)
- Resistance Training Specialist (RTS) I, II, III

Rebecca is passionate in her efforts to help her clients make permanent lifestyle changes by educating them on the importance of exercise and nutrition in reaching any fitness goal. She wholeheartedly believes in the principles of core and postural strength and awareness as well a mind body connection, as the foundation of all fitness routines. She recognizes the important of helping her clients find balance in life and keeping with that spirit, ensures a personalized mix of strength, cardio and flexibility training in every program. Though the dedication of the client is pertinent to their success, she realizes and embraces her role as the tirelessly enthusiastic cheerleader and thoroughly enjoys coming up with fresh, fun and challenging ways to keep them motivate and focused on their goals. She is committed to helping each client fight their fitness battles. Moreover, she feels incredibly fortunate to have the opportunity to share in their successes.



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