



SAM WALLS
NUTRITION CONSULTANT
Personal Trainer, Level IV

Canadian Society of Exercise Physiologist - Certified Exercise Physiologist

- Canada's highest certification in the health and fitness industry
- Administer appropriate assessment protocols for the evaluation of physical fitness to individuals who have been screened, signed an informed consent form and/or who have been cleared for unrestricted or restricted activity by a licensed health care professional.
- Evaluate the acute and chronic responses to exercise and discover the biochemical and cellular physiology associated with various disease states
- Assess the effects of ageing on body function and determine the appropriate training prescription based on current research guidelines.

Ontario Kinesiology Association - Certified Kinesiologist

- The practice of Kinesiology is the assessment of movement, performance, and function; and the rehabilitation, prevention, and management of disorders to maintain, rehabilitate, and enhance movement, performance, and function in the areas of sport, recreation, work, exercise, and activities of daily living.
- A kinesiological approach applies the latest evidenced based medicine principles to preserve and enhance human movement in all settings and populations.
- a systematic understanding of risk, injury prevention, and initial management
- of injuries in sports and physical activities

National Strength and Conditioning Association - Certified Strength and Conditioning Specialist

- The CSCS certification is designed for professionals who design and implement strength and conditioning programs for athletes in a team setting
- The CSCS certificate is the only nationally accredited strength training and conditioning credential



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ATHLETIC CLUB

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Cambridge Group of Clubs