

STEVE BEATTIE
Personal Trainer, Level III



Education

- Resistance Training Specialist
- Medical Exercise Specialist – April 2008
- Personal Training Specialist- CANFITPRO – March 2007
- Fitness Leadership - Humber College – January

Steve is an accomplished wilderness guide and has extensive knowledge of backwoods Ontario and the beautiful rivers of Quebec. He is experienced in individual and group facilitation, youth behavior management, outdoor teaching, safety management, and wilderness travel. Steve enjoys sticking closer to home these days to spend time with his newborn son. His other passion is fitness! Steve is dedicated to the promotion of healthy active living, facilitating the skills development of others, and adapting to the learning styles of differing ages and skill levels. He enjoys the challenge of inspiring you to become thinner, stronger, faster – FITTER!



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