

# PRIVATE PERSONAL TRAINING

## WHO NEEDS AN NSCA CERTIFIED PERSONAL TRAINER?

- Do you feel fatigued?
- Do you suffer from stiffness, aches or pains?
- Would you like to lose that extra unhealthy weight?
- Are you confused about what you should be eating?
- Are you having problems achieving your personal fitness goals?
- Do you have exercise equipment that is not being used?
- Do you suffer from arthritis, osteoporosis, diabetes or heart disease?
- Are you risking injuries from exercising incorrectly?

## INVEST IN YOUR HEALTH, FUTURE AND PERSONAL WELL BEING!

An **NSCA Certified Personal Trainer** is for everyone, young and old alike. No matter your goals or present level of fitness. It's a proven fact that professionally trained people achieve results 80% faster!

You will have a program specifically designed to your individual needs and goals. You will also have the motivation and support from a professional certified trainer with you every step of the way, to ensure your safety and success.

Look great and feel confident from the comfort of your own home. Learn how to enjoy the benefits of being healthy and seeing your dreams become reality.

10 sessions are only \$450. Train with a friend and the second person pays half!

If for any reason you are not satisfied all unused sessions are guaranteed money back!

For a free consultation call or write:

Brent Weatherhead NSCA-CPT\*  
(514) 486-8312 Montreal Qc.  
brentweatherhead@sympatico.ca

Check out the NSCA website at: <http://www.nsca-lift.org/>  
*The only internationally recognized certification in the world!*



# PRIVATE PERSONAL TRAINING

BRENT WEATHERHEAD NSCA-CPT\*

Hi, my name is Brent Weatherhead. I am an internationally certified personal trainer accredited by the NSCA (National Strength and Conditioning Association) First, I want to thank you for taking the opportunity to learn about what I can do to help you achieve your personal fitness goals. Fitness and nutrition hold many challenges in today's lifestyles. Strength and conditioning has been a part of my life for a long time. In the past ten years I have taken it upon myself to become and stay self-motivated. Obtaining and continuously learning all I can in regards to health, fitness, and personal wellness has become a part of which I am. Helping others achieve their goals and personal best in any aspect of fitness and health is a career that I take very seriously and brings me great satisfaction I consistently stay up to date with the latest clinical studies and journals as well as attending conferences in order to provide the best of the latest knowledge and science to clients especially when training special populations with heart disease, diabetes, osteoporosis and arthritis, as well as sport specific training. I have attended courses and studied in functional and core training with a swiss ball, wobble board and sitfit, when done properly great results can be obtained.

I enjoy many outdoor activities such as rollerblading, hiking, jogging, and skiing. Please feel free to contact me if you have any questions, it would be my pleasure to work with you in achieving your personal best.

## **NSCA Mission Statement**

*As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.*

Looking forward to serving you

Sincerely,  
Brent Weatherhead

