



Week 5 of Personal Training by Deborah has produced the following effects. See attached charts.

- Weight Loss 8 lbs.
- Cholesterol, lowest level at 2.18 in 10 years, nearly off the chart.
- LDL (bad) cholesterol 0.67, lowest level in 10 years, literally off the chart.
- The Cholesterol / HDL risk ratio 1.85 is also at its lowest in 10 years.
- All three factors are significantly lower than what was achievable by medication alone.

*Jim Magee*

"I came to Deb overweight and with multiple autoimmune illnesses and she treated me like I was completely healthy; thus, she adopted her program so it met my needs and challenged my strengths. She helped me to get strong and she encouraged and empowered me to keep moving forward no matter what. This is Debs, she doesn't give up on you even when you want her to do just that".

*Suzana Dujmic*

Deb has been my trainer for over 5 years. She has trained me for 3 expeditions to the Himalayas, most recently to climb the 3rd highest mountain in the world. Since starting with Deb, I have achieved more than I could have hoped for through increased strength, proper form, better diet, and the confidence to push my limits. I'm the fittest I've ever been and I couldn't have done it without Deb. She has shown me the proper way to train and how to avoid injury. I couldn't imagine training with anyone else - her approach to training suits me perfectly. I encourage anyone looking to improve their health, increase their fitness or even to recover from injury, to get in touch with Deb today!"

*John Gill*



Deborah has been my personal trainer for over 6 years, and I haven't got enough good things to say about her. As well as being an excellent and effective trainer, she is highly personable and somehow knows what you need when you need it. She is flexible enough to take into account your personal goals, likes and dislikes and incorporate these into the programs she creates. She really cares about her professional and personal relationship with each of her clients. I would not hesitate to highly recommend her services to anyone who is searching for a top-notch personal trainer.

*Vicki McLaren*

I had been doing CrossFit for a number of years but then decided to buy some equipment and work out on my own at home, I wasn't making progress so decided to try out Deb. She quickly pointed out everything I was doing wrong. I seemed to have perfected making a hash of things and perpetuating all that is wrong with CrossFit. Over one year later and I am still there with Deb, twice a week and what progress we have made. My gait is so much better and my posture has improved tremendously. One of my best decisions. Deb takes her job seriously and makes me take my work-out seriously too but we always seem to get in a laugh and have fun. I recommend her to my patients and have no hesitation recommending her to anyone.

*Steven Dommann*

"Deb is awesome! I started working with her a year ago. I had been experiencing a lot of pain and coming off a shoulder injury. I was active but had never really worked out in a gym environment and had no idea where to start. Then I began working with Deb. She has helped me immensely. I am a better, stronger person and so much more aware of my body. She is so knowledgeable when it comes to body mechanics, proper exercise postures and working with various muscle skeletal injuries. She has been nothing but positive and patient with me and has really helped me to see my own potential. It has made all the difference! I'm so lucky I found her!"

It may sound a bit cheesy but I mean every word!! Thank You Deb!! You have made such a difference!!!! ❤️

*Kaela Smith*



I have worked with Deborah as my Trainer for almost six years now. That in itself should indicate that I am obviously happy with how Deborah sets out my training sessions. I particularly like the way that she emphasizes the correct posture, and therefore execution, of the various routines that we work through. This emphasis ensures that the targeted muscles, for the particular routine, are properly activated. By taking an interest in her clients' goals and activities, she can tailor workout routines to best benefit the client and I have absolutely no qualms about recommending Deborah to anyone who is serious about wanting to improve their health and fitness.

*Alexander Cunningham*

I have been training with Deb for approximately 16 months or so and she is fantastic.

Since starting with her I have 100 percent more energy. Her classes have helped build up my strength and stamina, as well as helped my struggles with my weight.

Deb takes the time to know what aches and pains we have and adjusts our workout accordingly, and individually. She has made working out a fun experience and is very passionate about being able to help people.

*Barbara Gosselin*

I have been training with Deb twice a week for just over a year now and she is AMAZING! Making a commitment to my health and fitness is one of the best decisions I have made and Deb makes keeping that commitment much easier with her ever changing workouts, her upbeat attitude and her wealth of knowledge. She is supportive and knows exactly when to push me and by how much. I admire her work ethic and professionalism, and her ability to support her clients of all abilities and ages in a group setting. I also love the flexibility of working out outside all year round and also in the gym. Variety is the spice of life and Deb nails it in the fitness department. Call Deb now, make the commitment to your health- you will not regret it!

*Kyla Gardinar*



I started working with Deb about 2 years ago. After acquiring a life altering injury, I was exercising. When Deb started working with me I started to gain both stamina and strength (both which have assisted me in a better quality of life). I also feel better about how I look. 💎

*Gail Wright*

Deborah is a fantastic trainer!!! I highly recommend her. She analyzed all my aching, stiff, sagging, body parts...."absent" abdominal muscles, rounded shoulders, unstable knees, etc. etc. and developed a program to get my 74 year old body back in shape. There isn't the boredom of doing the same exercises over and over every visit....Deborah is constantly changing the exercises for certain muscle groups to keep it interesting and it keeps me mentally alert to the task at hand, otherwise it would become boring and repetitive and I would lose interest. There are routines devised that I can do at home between sessions. Deborah is extremely knowledgeable, encouraging, and wants you to be the best that you can be. I think of these sessions (2X week) as my "gift to myself".

*Carol Noonan*

Working with Deborah has changed my confidence with fitness and training. I am 67 and although I have always kept active, I have not regularly practiced strength training. Deborah has changed that for me. Deborah's skill set at individualizing programs for each person has brought me from daily aches and pains to a lifestyle that I can now pack up a house, move furniture and physically manage all the physical demands of a full house renovation.....and do it all pain free. That is a definite change towards more strength and endurance and basic lifestyle capacity. Thanks Deborah

*Dianne Stojak*

I've trained with Deb for almost 3 years; she is an amazing trainer and I really enjoy training with her I feel much stronger and fitter than I did when I started.

*Julia Arnold*



I have been training with Deb for almost a year now and I couldn't be happier. I had resigned myself to thinking that weight gain and tiredness just comes naturally with age.

Deb has worked with me in weekly group sessions and I have been training one on one for the last few months and all I can say is WOW!

I have finally learned how to properly engage my core muscles that have alleviated many of my posture and back problems.

Deb is terrific at changing up the workouts each week to keep you engaged and motivated.

I would HIGHLY recommend Deb to anyone looking to get in shape or take their exercise routine to the next level.

*Fran Currier*

I started working with Deb in May of 2021. I really like her style - motivational without the overly aggressive macho coaching style that has always put me off working out with a trainer in a group. She pushes you but is always looking out for your safety and knows your areas of injury and weakness. She modifies exercises to accommodate those individual needs within the group.

*Michelle Janze*

"Having a weekly training session is so important to keep myself accountable for staying active, especially during the wetter, darker days. It's much harder to flake on fitness when you've got scheduled sessions that you're paying for! I've learnt so much about proper form and have seen noticeable improvements to my posture and strength through regular sessions with Deb. She's the motivation I need when my butt just wants to quit!"

*Claire Andrew, Client for 1.5 years*

This has been the best thing to happen to me with regards to my personal fitness! Great guidance for safe movement through the exercises and motivation to keep one focused on the common goals - core strength, endurance and balance. Deb provides the best experience to keep one pushing forward and being the best we can be as participants. No regrets being with this fitness program!

*Patti Thorburn*



It is with great pleasure that I write this testimonial for my personal trainer, Deb. She is a motivating and inspiring personal trainer who goes above and beyond to encourage, support and push me through each and every workout. I greatly appreciate the group dynamic that Deb provides as it helps bolster my confidence and my motivation to complete my workouts to the best of my ability. I appreciate Deb also, for her flexibility in scheduling and her creativeness in making the workouts unique to each individual in the group. Lastly, Deb makes working out just plain fun! I highly recommend Deb to anyone looking for an amazing and engaging personal trainer.

Sincerely,  
*Patricia Ball*

***Although this is personal review for Deb, in fact it is a heartfelt thank you.***

Over the past several years I have attended a plethora of fitness classes that Deb has offered. I started with 1 class per week. After the effect of Covid reaching all of us, I decided to increase my fitness regime with her to 3 days a week – to keep busy and healthy; and, tremendously enjoyed the outdoor class atmosphere.

At this crossroad in my life, reaching the age of 60 – and never having a consistent fitness level, I wanted to attain a better lifestyle, health and fitness regime.

Starting at a beginner level, I began to attend more classes and realized not only very slowly did my body shape change and fitness level increase – my mental health felt absolutely wonderful.

It was effortless and so stimulating to engage in small group classes, benefitting me in ways I did not consider. Taking small easy steps enabled me to reach a new healthy potential in life.

As you can see from the pictures, I am truly happy and thankful for Deb's undying attention and guidance. She is a gem.

*Carol Klein*