



## Candice Lewis

BaSc, FMLP, CPT, OFC, MES

### Education:

- Ryerson- BaSc Applied Science in Nutrition
- George Brown- Fitness and Lifestyle Management
- Canadian Society of Exercise Physiology- Certified Personal Trainer
- Ontario Fitness Counsel- Aerobics Fitness Leader
- Medical Exercise Specialist

### Philosophy

Candice believes a healthy mind and body derives from a balance between knowledge, fitness and nutrition. By, knowing how the body works, fueling the body with proper nutrition, we can reach higher levels of fitness and achieve optimal health. Candice develops and implements individualized training programs for her clients based on their particular goals. A unique program becomes a tool for helping them learn how their body works. Not only will they be successful in achieving their goals, but most importantly, they will become self-sufficient in sustaining a lifestyle that contributes to longevity.

Candice successfully completed the advanced level of Modern and Ballet dance with honors through The Royal Academy of Dance. Combining her love of children with her passion for dance, she began training young girls in ballet helping them achieve strength, expression, movement, diversity and excellence. Through this opportunity, grew an interest in promoting to others her knowledge of creating a healthy mind and body. With North America's rising obesity epidemic, she knew that staying physically active was only part of the equation. She finished an undergraduate degree at Ryerson University in Nutrition and Food focusing on community and family studies. She then completed post-graduate studies at George brown college for Fitness and Lifestyle Management. With the amalgamation of her nutrition and fitness background, Candice has the power and determination to help individuals of all ages reach their greatest level of well-being.

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