



Crispin Haskins

NSCA- CPT, SPI Level 1

- Sports Performance Institute, Personal Training
- Sports Clubs of Canada, Stretch Certification I & II
- National Strength and Conditioning Association (NSCA), Certified Personal Trainer

Philosophy

Crispin's history is one of change. He drank, smoked, and ate to excess. By the time he was 28, he was 335 lb and smoking 3 to 5 packs a day. One day he realized that he could not continue like that- not for long. He lost 120 lb, quit smoking, and joined a gym. Having a personal trainer changed his life.

Crispin began studying and taking courses. While working for one of the larger chains, Crispin went on to become the number one trainer in Toronto and number four in Canada!

Crispin works in what he calls "functional fitness". He likes to make people stronger for day to day life. He feels that this prepares his clients for an active life style and helps prevent injuries. Crispin has also done sport specific training with hockey players to improve their game and due to his own personal achievements, works with clients for weight loss.

Currently, Crispin writes a fitness column for an on-line magazine called Changing Lanes.

Outside of the fitness realm, Crispin has made circuit boards that were part of the Canadian Arm on the Space Shuttle and The Art Gallery of Nova Scotia has sold his artwork.

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