



## **Daniel Steeve**

GBC-FLMP, PTS, CFC

### **Education:**

- George Brown College - Fitness and Lifestyle Management Program - Honors
- Personal Trainer Specialist - Canadian Fitness Professionals
- Certified Fitness Consultant - Canadian Society for Exercise Physiology
- Sport Strength Level 1 - Twist Conditioning
- Kettlebell Level II

### **Philosophy**

Daniel believes that there is no short cut to improving one's level of physical fitness. It is a life-long process that requires breaking unhealthy, ingrained habits through the establishment and pursuit of new fitness and nutritional goals. Attaining one's fitness objectives is a matter of concentrated effort: equal parts hard work, resolve and perseverance.

Daniel's approach to personal training is holistic – he recognizes that every one of his clients has a unique set of need, desires, and aspirations.

Drawing on a wealth of personal experience and his solid academic background, Daniel provides each of his clients with an individual strategy that is challenging, enjoyable, and ultimately, fulfilling.

**PERSONAL  
TRAINING**

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