



Derrick Whelan

Fitness and Health Promotion Diploma, CPT, CFC,
Resist-a-ball Core Level 1, MES

Education:

- Honours Diploma in Fitness and Health Promotion
- Canadian Society for Exercise Physiology - Certified Personal Trainer, Certified Fitness Consultant
- Can-Fit-Pro - C.O.R.E Level 1
- Medical Exercise Specialist
- Venipuncture Certification
- Functional Muscle Testing for Weight Training Assessment and Rehabilitation

Philosophy

With many years of experience in fitness and competitive sports, Derrick decided to devote himself to what he was most passionate about. With the path of fitness chosen, he devoted all his time to studying and learning everything he could about the art of personal training, while earning an honours diploma in Health and Fitness Promotion. By combining his weight room experience with the focus on health gained earning his diploma, Derrick is ready to inspire you to reach your goals and move forward with a new healthier life.

With the belief that everyone deserves life-long health, Derrick is focused on motivating his clients to strive for healthy bodies and minds, through personal fitness. Believing that the keys to any training program are safety and effectiveness, he will thoroughly prepare your body, getting you ready for increasingly challenging workouts. With a focus on “functionality”, Derrick believes in preparing the body for activities it is likely to face. This focus on functionality will help you attain new levels of fitness, providing you with the knowledge that your body is strong, capable and healthy. This new found knowledge will leave you energized and capable of anything.

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