



Garnet Santicruz

PTS, RMT

Education:

- Personal Trainer Specialist – Can-Fit-Pro
- Registered Massage Therapist - RMT
- Well-rounded health care professional with good clinical judgement, depth and diversity of clinical experience, and a holistic perspective
- Muscle Activation Techniques Jumpstart Courses

Philosophy

Garnet has continued his education by embarking on a career as a Personal Trainer. Having been trained as a Registered Massage Therapist, he has observed and treated injuries due to improper training, repetitive movements, and muscle imbalance. His goal as a trainer is to educate and assist his clients in preventative types of exercises, to allow their body to function with optimal efficiency. He can help you accomplish this through losing weight (cardio) or strengthening specific muscles for everyday activities (i.e. office work). Garnet can help you using his vast knowledge and experience in the health care field.

Community Service:

- Speaker for Total Health Expo, The Running Room and Ryerson University in the topic of '*Stretch, Strength and Stress Relief*'
- Strong supporter of outreach programs volunteering services to various sports and health awareness events such as the *Vince Carter's Foundation of Hope Invitational (Toronto Raptors)*, *Becel's 'Ride for the Heart'*, *CN Tower Climb*, and *Sick Kids Foundation's 'Heatwave and Icewave'*
- Coach for basketball teams for different age groups during winter tournaments in Hamilton and Toronto
- Sponsored sports clinics during leagues preaching the S.A.Q. philosophy (speed, agility, and quickness)

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