



## Janice Cho-Chu

Personal Trainer

### Education:

- Personal Trainer Specialist – Can-Fit Pro
- Sport Conditioning Coach Level 1 – Twist Conditioning
- Registered Nutritional Consultant Practitioner (RNCP) - Institute of Holistic Nutrition

### Philosophy

Janice believes that “*the greatest wealth is health*” (Thoreau). To achieve optimum health it is important that one combine an exercise and nutrition program unique to their individual needs. There is NO one size fits all program, instead, through customization; Janice is able to meet one’s specific blue print.

To start off, an exercise program is the first step towards the path of health. With a constant change in exercise routine, Janice is able to help her clients achieve total body strength and conditioning.

Most importantly, Janice is a firm believer that there needs to be a connection between the body, mind and soul. It is incredible how one’s subconscious and emotional state of mind significantly affects and can hinder one’s health.

Janice practices holistic health throughout her daily life and with her education and experience can help her clients achieve their *greatest wealth* through a lifestyle that is fulfilling, balanced, nourished and above all...whole.

**PERSONAL  
TRAINING**

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