



Janice Cho-Chu

Education:

- Personal Trainer Specialist – Can-Fit Pro
- Sport Conditioning Coach Level 1 – Twist Conditioning
- Certified Nutritional Practitioner - Institute of Holistic Nutrition
- Classical Hatha Yoga Teacher – Yoga Plus

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 that individual. 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 a 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.

Janice’s passion lies in the practice and teachings of yoga. By utilizing various yoga postures, one is able to gain strength, flexibility, improve posture and relieve one’s stress through the connection between the mind, body and soul. She has practiced many styles of yoga and thus, is able to tailor one’s yoga practice according to their specific needs.

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.



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