



Jessica Webb

RMT, PTS

Education

- Personal Training Specialist/ Can Fit Pro
- Stretch Basics/ Can Fit pro
- Massage Therapy degree- Centennial College
- Registered Massage Therapist/ College of Massage Therapists of Toronto
- RTS- Levels 1, 2 and 3- in progress

Philosophy

Jessica has graduated from Centennial College with a degree in massage therapy and is now working as a registered massage therapist and personal trainer. Jessica has worked with a wide variety of clients with different levels of skills ranging from beginners to university level athletes and rehabilitation of sports related injuries

Jessica believes that physical activity is essential to having a balanced lifestyle. She enjoys being able to customize her client's workouts as well as her own to keep the body guessing and the workout fun!

Jessica's skills as an RMT compliment her training style as a personal trainer. She believes in using exercise as a way to balance the body in order to prevent future injury. By using a series of special tests Jessica will be able to design an exercise program that will help improve your posture, strength, flexibility and endurance while keeping your goals in mind.

**PERSONAL
TRAINING**

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