



## Kyle Caissie

GBC- FLMP, CPT

### Education:

- George Brown College- Fitness and Lifestyle Management Program
- Canadian Society of Exercise Physiology- Certified Personal Trainer
- Ontario Fitness Counsel- Aerobics Fitness Leader

### Philosophy

Kyle believes that anybody can attain their goals with the proper dedication, motivation and guidance. From a health and fitness standpoint, this comes from a balanced approach. Good nutrition and a balanced exercise regimen are the keys to successfully accomplishing health and fitness goals. His approach to personal training takes into consideration that everybody's goals, motivation, and fitness level are much different. Their programs must be tailored to meet specific needs, taking into consideration current fitness level, injuries and limitations.

Kyle's greatest motivation is helping his members to accomplish things they never thought they could do, while working to improve their health and quality of life.

*"We all have the ability to accomplish anything. It just takes dedication, knowledge, and patience."*

**PERSONAL  
TRAINING**

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