



Douglas Rosa

BPHE, PTS
Personal Trainer

Education:

- Bachelor in Physical Health and Education/
Kinesiology, University of Toronto
- Personal Trainer Certification, CanFit Pro,
- Resistance Training Specialist (RTS 1, 2, 3)
- Emergency First Aid & CPR Level C,
Canadian Red Cross Society
- Level One & Level Two-Adapted Games,
University of Toronto

Philosophy

Douglas' objective is to utilize his education and experience in Physical Education & Health to promote fitness awareness, healthy living and to provide a positive exercise experience to our valuable members. His passion is demonstrated in helping people reach their goals, using clients abilities to match them with their goals, taking into account important factors as: micro progression, body mechanics, and strategic resistance, focusing to create a positive exercise experience.

Douglas' believes in creating a unique environment in which members feel comfortable to exercise and therefore be able to use their full potential. As an active soccer player, Douglas believes that creating basic foundations in the gym, can be transferred to sports, hobbies and daily activities to help them excel and make their desire activities more enjoyable and rewarding.

Experience

- Douglas has worked with a variety of clients from different levels of skills and different goals; from varsity athletes wanting to achieve peak performance in a specific time to newcomers to the gym that want to start a safe fitness program.
- Played Try Campus soccer at the University of Toronto for 3 years (2008-2010)
- Most Valuable Soccer Player League Award, MSL (2010).
- Most Valuable Player (MVP), Outdoor and Indoor Soccer, Weston Collegiate Institute (2005 - 2006)



PERSONAL TRAINING

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