



Sarah McCarney

Can Fit Pro PTS, NWS

Education:

- George Brown College Business Admin Mgmt Studies
- Can-Fit-Pro PTS
- Can-Fit-Pro Nutrition and Wellness Specialist
- International Yacht Training Academy STCW'95
- IYT Fire Prevention & Basic Firefighting
- IYT Personal Safety & Survival

Philosophy

Sarah, a fitness entrepreneur, has been active in sports as long as she can remember. She has committed herself to providing her clients with the most beneficial workout programs to achieve each individual's fitness goals. Sarah helps her clients recognize the importance of a balanced lifestyle in order to meet today's physical and mental demands. She likes to include a variety of techniques into her programs such as resistance, cardio, balance, core and flexibility training and stresses the importance of the mind, body, and spirit working together to attain optimal health.

Sarah, born and raised in Oakville, has travelled extensively utilizing her training skills in the Caribbean and Europe aboard private yachts, and has returned to apply her knowledge and further her career goals in hopes of working with professional athletes. When Sarah isn't training you can find her playing Soccer, Volleyball, Snowboarding, or out on the water at the cottage.



PERSONAL TRAINING

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