

*Here are some of our inspiring testimonials. Changing lives inside and out while continuing to inspire our members to rise above their own expectations is beyond rewarding. Please take a minute and read what others have felt about training with Misty.*

Misty taught me how to get back into fitness. I needed a boost and she supplied it! We worked hard and I improved my endurance and overall strength immensely. Training with Misty was a lot of fun. I will definitely refer her to others, she is a great trainer and now a great friend.

Lorie Nash  
Teacher

The very first time I saw Misty, she came into my work at the arts umbrella to pick something up. The second she walked in I knew she was a rock star! Dressed up in her personal training outfit, Misty looked confident, stylish, sported a pretty awesome hair do and wore bold contrasting colours. At this point I was hooked and had to find out more. A couple months after meeting her I bought a personal training package. I am so glad that I did! otherwise would not have known the sheer awesomeness that is Misty. Not only as a Personal trainer, but an Entrepreneur, an artist, a mom and a friend. Misty never fails to provide me with an inspiring and super-charged workout. She motivates you to go 110% every time while keeping it challenging and fun. Misty has a dynamic personality and kick ass attitude and will always encourage you to do your best. I will most definitely recommend Misty as your trainer and I know you wont be dissapointed.

Jennifer Tiles  
Business Owner , graphic designer, Actress, Artist

Energetic, full of joy, confident, motivator. I'm describing one of the most positive people I have ever met. Misty was my trainer for over 6 months but she felt like much more than that. She is my friend, motivational speaker, and my life coach. I still miss those sessions we had. Not only did I get an amazing workout but always felt emotionally uplifted. I highly recommend her to anyone trying to change their life for the positive. She is the only number you need.

Jim Biniatz aka Prince of Persia  
Business Owner/Contractor

**I trained with Misty twice a week for 9 months, during this time she provided a workout that was tailored to my individual needs. She was professional and knowledgeable but the best part is her energetic personality, she not only encourages you but makes workouts productive and fun. I would recommend Misty to anyone looking to feel good while getting in shape.**

**Katherine Van Allen  
Teacher**

**I would like to tell you a bit about my story and Misty's roll in it. First off when I signed up at the gym I bought personal training sessions right away. I'm so glad I did. Misty has been a source of inspiration for me. Ever since I started training with her she helped me stay on track and be held accountable to my goals. Misty has offered invaluable advice and teaching pertaining to my overall lifestyle from Training to food and even time management. I chose to take her advice to heart because I wanted to make that change in my life. I started making adjustments to my food and adapted to my new fitness schedule now integrated into my life. I can feel and see myself changing from the inside out. I'm losing weight, toning up, building lean muscle, and my endurance is greater and with that comes my self esteem. Losing weight is one of the most exciting things that has been changing. When I walked in the door I was 230lbs and within a few months was sitting at 207 lbs and continues to go down. To anyone wanting to start up a new and exciting challenge hire Misty and learn new techniques, make real goals, be held accountable, gain confidence and be comfortable in your skin.**

**Heather Winters  
Teacher**

**I would like you to know that when I started training with Misty I was on heart medication and feeling tired and slow. I have never felt stronger and more motivated than now with very little use for medication since we have been training for several months and my heart has been conditioned. I would highly recommend her to anyone ! She is not only knowledgeable and able to tailor an appropriate training regimen, she is also very passionate and will hug you!! She simply exudes positive energy. Working with Misty is a pleasure.**

**Maritess Randall**

**I see Misty how I see myself on most days. VERY hardworking!! Dedicated!! and extremely compassionate. She knows how to get it all done, and does it wholeheartedly. I think she is what all trainers should model from. Thank you Misty for the encouragement, self boasting, and for pushing me to give my best in all that I do.**

**Rio  
Technical Support**

**Misty is more than just a hard worker. She strives for you to become the best person you can be. When I first met Misty I had no plans about getting a personal trainer, but she saw something in me and we hit it off right away. Not only did we workout together but she spent hours on the phone with me helping me become the person I am meant to be. Without Misty in my life I would be completely different. She has helped me find the good things in life and pushed me to reach my full potential. Misty is such a great person with a kind heart and I would recommend anyone to work with her.**

**Savannah Mumford  
Student**

**Misty embodies everything a good trainer should be; with her knowledge about different types of training styles. The workouts are always challenging but fun. In 4 months of training with her I have lost over 21 inches off my entire body. Misty is always supportive emotionally, providing encouragement when needed.**

**Kim Simpson  
Registered Nurse**

**I was fortunate enough to have Misty as my personal trainer and I found her to be very hard working and was always concerned about achieving the goals we set out. Misty is always dedicated! She would change it up and pushed me to the limit. Misty also has a pleasant personality. I enjoyed working with her to hit my goals.**

**Mike Snow  
P.E Teacher/Coach**

**Misty has got to be the happiest and most energetic trainer we have ever met. She always comes in with a big smile and a great story to tell. Whenever we are in the training area or torture chamber as we used to call it, she would push us to do so much more without the feeling of being under pressure. Don't get us wrong tho , Misty is tough and strict too, which we also appreciate. Throughout the months that we have been together, we have learned to love and respect her not just as a trainer but as a great friend. Now that we have hit our goals and hit the gym on our own, we realized how important and awesome our experience with Misty was, PS we will always miss our sessions in the torture chamber!**

**Top Brocales and Delma B**

**Misty is a fun and energetic fitness trainer that not only trained myself but my husband and daughter as well. She will inspire you to push yourself harder. Misty is flexible when it comes to scheduling appointments. Also able to accommodate all fitness levels and will modify workouts to keep you motivated.**

**Doris Fraser and Family**

**I had been part of a gym for years and finally decided to get a Personal Trainer. I chose Misty because I love her energy and enthusiasm. I thought she positioned herself as a leader in her field and that gave me confidence. Right from my first consultation with Misty she made me feel at ease and spent a lot of time finding out about me and my personal goals. Every session I had with Misty, she would push me to the limit and gave me the motivation to get to the next level. Through working out with Misty I have reduced my weight over 15 lbs in 12 sessions. I also had more endurance and energy. Misty has taught me a ton about fitness and is a true people person. The fact she actually cares for her clients is what makes her so very special and will continue to recommend her to anyone looking for a true coach. Thank you Misty for inspiring me..i've went from a size 16 down to an 8.**

**Melany Winslow-Hansen.  
Business Owner - Show You Go**

**I got a chance to meet Misty years ago in BC. Prior to meeting her I was incredibly out of shape and had a little to no self esteem. Misty helped me change my life around in every aspect. She has a infectious self confidence. Misty has helped me believe in myself again and opened me up to doing things I thought couldn't be done. She motivated me like no other person I have ever met. Not only am I in far better shape but I'm now in the happiest place of my life and I attribute it to the help of Misty.**

**Satwinder Gosal  
Pediatrist**

**Misty was my Personal Trainer for approximately 4 months. She coached and trained me for 1 hour 2x a week. She gave me the confidence to go on my own and not be unfamiliar with equipment anymore. Misty always showed me corrections and form to ensure my workouts were optimal with low risk of injury. Her encouragement and advice to nutrients and general good health was encouraging. Misty in all was a positive experience.**

**Belinda Dhanda  
Business specialist**

**I have had the pleasure of working with Misty in a personal trainer/client capacity while she was training out of the top sports club in BC. I found Misty to be very personable and engaging not to mention easy to talk too. Misty was always attentive to my wants and needs of a Personal Trainer. After asking me questions pertaining to my health and fitness goals, she set out to develop a personal fitness program just for me. Misty was very knowledgable on the types of exercises I needed to achieve my goals. She would always patiently explain and demonstrate each exercise as well as correcting my form. Even after my sessions had expired, she always touched base to see how I was doing and asked if I had any other questions. Misty definitely cares about her clients and their well being. A true professional! I would highly recommend Misty to anyone looking to hire a Personal trainer/coach.**

**Nancy Robson**

**I trained with Misty for the past few months and is extremely motivating. She will push you past your own limitations in order to meet your goals. Not only is she a strong woman herself but she is very caring and understanding. She will keep the workouts entertaining by switching it up and keeping you on her toes.**

**I noticed a change within a few weeks of working out with Misty and would recommend anyone striving for their goal and willing to step out of there comfort zone to call Misty and experience the difference in working with a real Trainer.**

**Lindsay Fraser  
Registered Nurse**