

# THE **FIT**Effect



## TIM CAMPBELL

CPT

I was active in sports at a young age and throughout high school. Like many, work and life got in the way of an active life style. I struggled with weight gain and loss for a number of years, and began having health complications from carrying this extra weight. After my kids were born, I knew that I had to do something about my weight if I wanted to be active with my kids as they grew up. Through proper nutrition and strength training I lost over 80 pounds and found a love for running and weight training. I began running competitively and have completed a number of 10km races and a half marathon. I have also ran many 5km charity races. My journey with fitness is what lead me to become a personal trainer. Now I can share my knowledge and motivation with others so they too can achieve their goals.

Come join a great fit family at The Fit Effect and let us help you with your fitness journey. Message me or the club's page to organize a free consultation.