



RECOVERING COUCH POTATO FITNESS



EDUCATION:

- PERSONAL TRAINER SPECIALIST – CANFITPRO
- HEALTHY EATING & WEIGHT LOSS COACH - CANFITPRO
- B.A.SC. IN ENGINEERING – UNIVERSITY OF REGINA

FOCUS:

- ENDURANCE TRAINING, WEIGHT LOSS, DISTANCE RUNNING, MUSCLE DEVELOPMENT

PERSONAL BIO:

A FORMERLY OBESE MAN, I CHANGED MY LIFE IN 2005. I STARTED EXERCISING, TOOK UP RUNNING AND LEARNED HOW TO EAT WELL. IN THE END, I HAD SHED NEARLY 40% OF MY BODY WEIGHT.

IN APRIL, 2015, I COMPLETED THE BOSTON MARATHON (MY 22ND FULL MARATHON). SINCE THEN, I HAVE CONTINUED TO COMPLETE MORE MARATHONS AND RACES. MY RACING RESUME ALSO INCLUDES ULTRAMARATHONS, TRIATHLONS AND ADVENTURE RACES.

I AM ABLE TO RELATE TO MOST OF MY CLIENTS BECAUSE I HAVE FACED THE BATTLES THEY OFTEN ENCOUNTER ON THE JOURNEY OF HEALTHY LIVING.

CONTACT: CORY@RECOVERINGCOUCHPOTATOFITNESS.COM
(403) 807-0936

CORY CLAEYS – PERSONAL TRAINER