



BRETT FORSEY

ONLINE FITNESS COACH/
MOBILE PERSONAL TRAINER

PROFILE

Energetic and empathetic fitness professional, focused on helping you move your body with confidence!

STRENGTHS

- Teaching/Coaching
- Helping those new to exercise
- Training clients with current or previous injuries
- Training clients with mental and physical health challenges.

TRAINING METHODS

- Custom at-home programs
- Body-weight training
- Strength/Cardio Circuits
- Partner/Team Training
- High Intensity Interval Training

CREDENTIALS

- Canadian Society for Exercise Physiology- Certified Personal Trainer (CSEP-CPT)
- Schwinn
Certified Indoor Cycling Instructor
- MOSSA
Certified Group Power Instructor
- Mental Health Commission of Canada
Mental Health First Aid Certificate
- Canadian Red Cross
Certified Standard First Aid/CPR/AED Rescuer (Level C)
- Brock University
Master of Education Degree (MEd) - Teaching, Learning and Development - 2014
- Brock University
Bachelor of Physical Education Degree (BPhEd) - 2003

EXPERIENCE

- 18 years as a Certified Personal Trainer and Group Fitness Instructor, including;
- 4 years as a Fitness Entrepreneur, serving clients via mobile training and online fitness coaching.
- 4 years as Instructor/Trainer at Kinetic Synergy Fitness and Movement Unlimited Inc.
- 6 years as a Post-Secondary Instructor and Field Placement Coordinator in the Fitness and Health Promotion Program at Niagara College.
- 3 years as a Fitness Coordinator/Manager with the YMCA of Niagara.
- For more information, visit me on LinkedIn.