



## **Michelle Bourgeois**

Michelle's 20 years experience working in a hospital health care setting has inspired her to take a proactive (rather than reactive) approach to health and longevity. She has been actively involved in fitness since 1987, and has extensive experience instructing group fitness and 10k run clinics. She uses weight training as a superior method to sculpt and reshape the body. Michelle is also a Certified Sport Nutrition Advisor, which enables her to educate clients on the benefits of solid, science-based nutrition. Michelle enjoys teaching others how to shift to a healthier, more fulfilling lifestyle.

BCRPA Registered Personal Trainer \* Certified Sports Nutrition Advisor  
Registered Medical Laboratory Technologist