

## TESTIMONIALS

**NAME:** Nadia R. Ocean

**AGE:** In my twenty's

**OCCUPATION:** Second Tier Customer Service Trainer

One day, I decided that I wasn't an expert in knowing how to get results in my body... So I turned to someone that did! Steve gave me an exciting and changing by the day routine to follow with a healthy meal plan to go with it. I really enjoy working out now! He taught me how to do the right exercises with the correct positions and movements for my body type and needs. Steve help me to achieve something I could not do on my own, and took out the thinking in something I had very little direction with. In the end Steve gave me a focus, an achievable goal and a plan of action as a total package. Now the time I spend in the gym is quality time, as a pose to hours of wasted time without results! By the way, I never feel like just a client, I feel like he really cares about my personal goals and that's what makes him different. Thank-You!

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**NAME:** Nicola Samuels

**AGE:** 32

**OCCUPATION:** Process Management

Steve has been instrumental in helping me achieve my fitness goals. He has developed training programs for me which have been challenging and pushes me beyond my usual training routines. Over the last 5 months while working with Steve, I have gained leaner muscle mass and increased my cardio capacity greatly. His programs are diverse, removing any room for getting bored or too use to a particular routine. Steve keeps me on my toes through consistent motivation pushing me to work harder and accepting nothing but success in my workouts.

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**NAME:** Terri Oswald

**AGE:** 40

**OCCUPATION:** Director, Media Relations

When I met Steve, I was desperately out of shape – not extremely overweight, but definitely carrying some extra “baggage”. We went through the initial process of taking body measurements and constructing a ‘plan of attack’. I was hopeful but not confident in my abilities. Steve proved to me that not only can I change my physical appearance, but my mental attitude towards diet and exercise. I was so pleased with the results!! Steve pushed me, even on the days that I didn’t think I could do it, but he made me believe in myself.

Motivation, consistency, and a genuine passion for his clients’ development is what drives Steve.

A year later, I called Steve to help my son who is striving to become a professional baseball player. In the short time that he has worked with him, people are already noticing a difference in his skill level. I have no doubt that when spring training arrives, my son will be in the best shape of his life!

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**NAME:** Ben Sopel

**AGE:** 34

**OCCUPATION:** Manager, Quality Assurance

I was referred to Steve to help me gain significant weight and muscle mass. In our first meeting and prior to either of us agreeing to pursue a program, he gave me advice that would and did help me start to achieve my goals in the short term. Once we started a structured program, I was able to see results in the first month and have been able to gain almost 20 pounds so far with visible muscle and tone improvements.

Steve's personality, energy and drive to help me achieve my goals make each work-out fun. He's willing to structure my program to incorporate my feedback and continuously provides advice on lifestyle improvements and diet changes that will meet my goals.

**NAME:** Lisa Bradburn (yes it's me)

**AGE:** 30

**OCCUPATION:** Business Analyst, Risk Management & Investment Banking Group, BMO

Steve is a very knowledgeable and motivational personal trainer. He takes the time to listen to his clients needs in order to develop a customized training program that is not only challenging but results driven. In such a competitive industry, Steve is a shining star in terms of his personality and coaching techniques. He is very observant and knows when to create greater intensity within a work out as well as foster downtimes when required. I highly recommend Steve as he will surely become part of a greater life change towards improved health and overall well being.

Under Steve's direction, his exercises helped me to tone and firm key areas as well as focus on balance and core strength. Two of my greatest challenges were straightening posture and increasing strength which were achieved through a series of weight training exercises

**NAME:** Michelle Veilleux

**AGE:** 29

**OCCUPATION:** Account Manager, Public Relations

Steve was fantastic to work with! He commits to his clients 100% both in and out of the gym. The workouts are intense and targeted to individual goals.

His personal approach means that he will always take the time to go above and beyond - from answering questions to touching base in between sessions to check progress. Steve always reminds you of your goal and will do everything he can to make sure you reach it.

**NAME:** Richard Ryan

**AGE:** 18

**OCCUPATION:** Junior A Hockey Player

I worked with Steve during the summer in preparation for my hockey season and I can't say enough good things about him and his professional attitude. There was an instant comfort level between us that lasted right through our training time together. He makes it easy to engage in friendly conversation, while at the same time working hard and getting "business" taken care of. Steve did a great job following my teams workout plan and getting my strength up so I was in great shape going into the season. As well, despite our brief time training together, my results in my team fitness testing all went up and I continue to see results on the ice during the season.