

EQUIFITT.COM

Personal Training & Equestrian Fitness **Clinics * Workshops & Talks * Personal Training**

About EQUIFITT

EQUIFITT is about YOU: Your fitness goals, needs and availability. Whether you would like to get in shape, lose weight or train for a favourite sport or activity, a personalised program that fits your schedule will help you get there. EQUIFITT programs do not require gym membership, or expensive exercise equipment, because they are designed to fit your busy lifestyle. Some goals shared by clients include: weight loss, toning, core strength, flexibility, sport conditioning, injury prevention and recovery, fitness for improved riding posture and effectiveness.

Programs are holistic, and draw from fitness best practice and a variety of disciplines. Services offered include: personal training, small group training, facilitated stretch therapy, and equestrian fitness clinics, workshops and talks.

EQUIFITT clients include:

- Women, mothers and seniors who prefer training in a more private environment
- Business owners and people with busy schedules who want to optimize time
- Athletes looking to cross train & optimize workout time
- Riders and non-riding horse people who want to develop stamina and strength to prevent injury working around horses, get fit to get back in the saddle, or improve sport performance through targeted off-horse training

About Heather Sansom, Owner, Certified Personal Trainer

Heather started fitness training over 20 years ago, and equestrian sport over 28 years ago. Heather is certified in CPR/First Aid and as a Personal Fitness Trainer through the Canadian Fitness Professionals Association. Her equestrian experience ranges from Prince Phillip Games, to foxhunting, to natural horsemanship and classical dressage which is her core discipline.

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