

COURTNEY NORTON - *Certified Fitness Trainer*

I'm Courtney! I'm an energetic fitness trainer & multi-disciplined athlete with over 15 years of experience working and competing in athletics. Some of my accomplishments include leading the aquatics team at Ryerson as the University's Head Lifeguard, placing 3rd in my age group in my first 80km ultra-marathon, finishing my first IRONMAN in 12.5 hours in Muskoka, and bench-pressing the most weight in my weight class at my first powerlifting meet. I've also spent a number of years working in sports & lifestyle media and am an Ambassador for *Evolve Functional Fitness*, available as an App.



After years of training and participating in various sports including distance running, swimming, softball, rugby, triathlon and more recently, powerlifting, I decided I wanted to share my passion for healthy active living full-time. I quit my job in media and dove into the fitness industry and further education.

My goal is to inspire and enable everyone around me to live the highest quality of life possible by focusing on the psychological and preventative aspects of developing and maintaining positive life habits. My programs are always functional, challenging and tailored towards your goals and I hope my passion for wellness is contagious!

A few of my QUALIFICATIONS/ACCOMPLISHMENTS:

- 2019 NSCA Strength & Conditioning Coach (in progress)
- 2016 CPF Bench Press PR (60kg weight class)
- 2016 Emergency Medical Responder / Certified Firefighter
- 2015 A.C.T (*Assess, Correct, Train*) Certified
- 2015 IRONMAN Muskoka Finisher
- 2013 Boston Marathon & Whistler Ultra-Marathon Finisher
- 2009 Schwinn Indoor Cycling Instructor / LV 1 Pilates Mat
- 2007-08 CFP Trainer / Anatomy & Physiology Credits (UoT)
- 2007 BA in Communications & Media

