

# Hi, I'm Richelle

## HEALTH & WELLNESS TRAINER

I am a local health and wellness trainer. I graduated from the NAIT personal fitness training program in 2022. I've been incredibly passionate about health and fitness. When my youngest was diagnosed as a baby with type 1 diabetes, I knew from that day what my calling was. I wanted to make sure I could help him, and anyone who battled a condition such as type 1 would have the help and tools to live a long healthy life.

I've grown up playing an array of sports from hockey, gymnastics, and baseball and now compete competitively in obstacle course racing completing over 30 races. If you are looking for an enthusiastic trainer to help you achieve your goals and still be able to enjoy life, enjoying a date night with your spouse, living pain-free, or the athlete trying to improve your performance on the field, court, racetrack, or ice you've come to the right place. I train in-person, and online with a free app, I wanted to be able to help my clients achieve their goals right from their phones.

When I came up with the ideas for my business, I wanted something that everyone felt at home, a sense of belonging, community, and family. If you feel you do not belong, you will be here at MisFit Academy. You will always be welcomed, loved, and given the very best science-based knowledge and top-notch training you deserve. Every single person should have access to work on their health and I will be here to guide and support you through this journey.

NAIT-PERSONAL  
FITNESS TRAINER  
SAFE SPORTS  
TRAINING

BIOLAYNE  
NUTRITION  
CERTIFICATION  
LEVEL 1



SPORT  
ASTHMA  
MANAGEMENT  
SUPPORT INDIVIDUALS  
WITH AUTISM

COACHING  
ATHLETE WITH  
DOWN SYNDROME

### AREAS OF INTEREST



Endurance



Strength Training



Mobility



Sports  
Conditioning



Cross Training



Conditioning



Resistance  
Training

### PERSONAL TRAINING PACKAGES

Please email [misfitacademytraining@outlook.com](mailto:misfitacademytraining@outlook.com)  
or call **1-403-647-6038** for information on client  
packages and pricing.

[www.misfitacademytraining.com](http://www.misfitacademytraining.com)

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