



ARDEN WEISS

For as long as I can remember I have been passionate about sports and fitness. Unlike any other activity athletics has the ability to bring people together, with no regard to background or social class. There can be no doubt that fitness works hand in hand with sports, one often leading to the other. However, every individual should be concerned with the level of fitness required to live a long, healthy, and fulfilled life. I have been involved in sports since I was a child, and firmly believe in the physical and moral values it has the potential to develop in people. My post secondary education and personal experience in the field of training and fitness give me the confidence I need to be sure that you as a client will reach your personal fitness goals. Weather you are an elite athlete or just trying to get in better shape I'm certain I can help you get to where you want to be and beyond, while having some fun on the way.

Education

B.H.K. Human Kinetics Honors Movement Science, Graduate 2007
Can Fit Pro Personal Training Specialist 2007
BVD emergency CPR 2007
Currently taking Health Science at Ottawa University, Graduate 2009

Personal Experience

Football

- Member of University of Windsor Lancers Varsity Football Team 2003 - 2007
- Member of Myers Riders Senior OVFL team 2003
- Captain of Kanata Knights Football Club from 1994-2002
- Captain of Holy Trinity Catholic High School Senior boys 2002-2003

Tack and Field

- Member of Holy Trinity Catholic High School Track and Field team 99 -03

Awards

Academic All Canadian, CIS Varsity Football 2005 - 2006 & 2006-2007

Deans List 2006 -2007

NCAFA Midget All Star Wide Receiver 2002 - 2003

NCAFA Bantam All Star 2001 - 2002 & 2000 - 2001

Kanata Knights Midget Most Outstanding Offensive Player 2002

Kanata Knights Bantam Most Outstanding Offensive Back 2001



Favorite Quotes

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” **Aristotle**

“Winning isn't everything, but wanting to win is.” **Vince Lombardi**