



MEL HANNA

My passion for fitness and healthy living started early in life and have been key components to my personal and professional success. Originally in the Canadian Armed Forces, I had amazing opportunities to train for and compete in endurance events such as Biathlon Ski Team, CF Running (Regionals & Nationals) and also achieved a first place finish (female) in the Mountain Man Challenge, a long distance endurance event which pushes you to physical and mental limits. Being passionate about fitness also led me to become a UPTA, where I assisted other soldiers with physical training in order to meet/exceed fitness standards.

Eight very rewarding years, and two United Nations tours later, I took a voluntary release from the Forces to start a family while still maintaining personal training clients on the side. In 2005 I decided to pursue fitness as a career and embarked on the education path to Personal Fitness Training Certification.

I believe in spreading the word of how to become the best you can be and to realize the full potential of each day. I continue to further my education in the fitness field in order to stay current with fitness trends and research and to deliver quality training to my clients.

Certified Personal Fitness Trainer

- Certified Individual Conditioning Coach
- CPR, EAD and First Aid Qualified
- Group Fitness and Boot Camp Instructor
- Experienced in the delivery of safe exercise programs for breast cancer survivors (training through Breast Cancer Action Ottawa)
- Volunteer Hockey Conditioning Coach for Competitive Boys Peeewe Team
- Level 2 Youth Soccer Coach

Just do it!...Nike