



HEALTH/RECREATIONAL PLANNING

Fitness Planning

In order to plan a fitness routine there are things that need to be known. Some of these things include your current fitness level, long term fitness goals, short term fitness goals, available time for exercising per week, time per session, and any health conditions which include injuries and weaknesses. Come schedule a meeting and we can work together to plan a routine to meet your fitness goals, whether its just to come out and become more active or to gain strength or power for sports/recreational activities etc. So come meet with Tony Kenoras, a recent UBC Kinesiology graduate!



**STRENGTH AND
CONDITIONING**

**WORK ON YOUR
CARDIOVASCULAR
SYSTEM AND GET IN
SHAPE!**

BE SPORTS SPECIFIC

**BRING A FRIEND OR
GROUP OF FRIENDS
TO KEEP ACTIVE AND
HEALTHY**

**CONSISTENCY IS
KEY!**

**CONTACT ME TO
SCHEDULE A MEETING
AT THE ADAMS LAKE
RECREATION CENTRE**

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Or contact me through
Facebook