

Eve Lees, Fitness & Nutrition Specialist

●Nutrition Counselling ●Speaking Presentations & Workshops ●Health Research/writing

EDUCATION AND CERTIFICATION

Certified *Personal Trainer Specialist* (PTS), Canadian Association of Fitness Professionals (Can-Fit-Pro). *No Longer Practicing*

Certified *Nutrition and Wellness Specialist* (NWS), (Can-Fit-Pro)

Certified *Nordic Walking Instructor*, On the Edge Fitness Educators, Vancouver.

Health courses: *Alive Academy of Natural Health:* Sports Nutrition Certificate (2003-04).

Simon Fraser University: Nutrition, Anatomy/Physiology and Kinesiology courses (1989-91).

University of California: distance education Nutrition course (1986).

The Canadian Health Food Assoc. (Vancouver): Nutrition course (1985).

S.A.I.T. (Calgary): Anatomy/Physiology course (1984-85).

Dominion Herbal College (Burnaby): Chartered Herbalist Cert. (1984-85).

Several courses completed (and ongoing) through *Human Kinetics* and *IDEA*.

Canadian Standardized Test of Fitness Appraiser (STFA), 1988-1996.

AFLCA Certified Fitness Leader (Alberta Fitness Leader Certification Association) 1985-1990.

Certified Weight Training Instructor (Vancouver YWCA).

Fitness Walking Instructor (Vancouver YWCA).

C.P.R. updated annually through *Life Consultants* (Fitness C.P.R.) Red Cross Program.

Fitness First Aid updated every two years through *Life Consultants*.

Athletic First Aid (Sport Medicine Council of Alberta).

National Coaching Certification Program, Theory Level 1.

IDEA Personal Trainer member since 1988, member of *Sport Medicine Council of B.C.*, *Canadian Association of Fitness Professionals (Can-Fit-Pro)* and *Canadian Personal Trainer's Network (CPTN)*.

Journalism Diploma Program, *Southern Alberta Institute of Technology (SAIT)*, 1977-1979.

BUSINESS EXPERIENCE

Personal Trainer & Nutrition Specialist, *Physical Dynamics* (White Rock BC), *The Garage Fitness* (Surrey, 2006-07), and *Dynamic California Club* (Surrey 2004-06). Was also accepted as an *Outside Personal Trainer* with Surrey Recreation Centres.

Fitness & Nutrition Counsellor, *Cornerstone Natural Foods* (Surrey, 2003).

Herbal & Nutrition Specialist (Health Promotions Coordinator), *The Real Canadian Superstore*, Surrey BC (2002-2003).

Editor/Publisher *Personal Health Newsletter* (1995-present) and *The Artist's Journal* (1997-present).

Personal Fitness Trainer and media representative, *Le Physique Private Fitness Studio*, Vancouver (1988-1990).

Gym Manager: *Pacific Coast Racquet Centre* (Surrey, 1986), *Body FX Gym* (Surrey, 1988) and *Fitness Factory* (Langley, 1991).

Weight Training Instructor: *Olympic Fitness* (Vancouver, 1985), *Racquetball West Aerobic Health Centre* (Maple Ridge, 1986), and *Huey's Gym* (Surrey, 1986).

Personal Fitness Trainer (self-employed) 1983-2008.

Owner/operator private home-based gym in Manning, Alberta, 1983-1985.

Owner, *Eve's Natural Foods*, Manning, Alberta, 1983-1985.

Weight training and Aerobic Dance Instructor, *Manning Continuing Education*, 1983-1985.

Editor of weekly community newspaper, *The Banner Post*, Manning, Alberta, 1979-1985.

Commissioned portrait artist & Cartoonist (1990-present).

PRACTICAL EXPERIENCE

Weekly Health Columnist for Alberta & B.C. newspapers; *The Now Newspaper* (Surrey, 2005- 2009), *The Stuart-Nechako Advertiser* (2004-2005), *The Province Daily Newspaper* (Vancouver; 2002), *The Stettler Independent*, (2001-present), *The Manning Banner Post* (1985-present), *The High Level Echo* (1988-present), *The Mile Zero News* (1988-present), *The Northern Pioneer* (1988-present), *The Surrey Leader* (1993-1995), *The Abbotsford News* (1990-1994), *The Peace Arch News* (1989-2000) and *The Langley Times* (1987-1996).

Regular contributor to *Wellness Matters Newsletter* (1996-present), *The White Rock Sun* (2008-present), *Southern Profiles Magazine* (2004-2009), Features Writer & Health Columnist for *BC Woman Magazine* (1989-1999). Also, health columnist *Today's Times Magazine* (1992-96), *Vancouver Island Prime Time* (1996-98), *The Island Woman* (1997), *Island Senior* (1994-95), *South Fraser BC Woman* (1995) and *Club Direct* (1990-92).

Health and fitness articles published in several other local magazines and international publications including; *Alive Magazine* (1992-96), *Vista Magazine*, *Chronically Canadian*, *BC Pharmacist*, *IDEA Today*, *Business in Vancouver*, *Urban Fitness* and *Achiever's Magazine*.

Provides employee "Health Letters" and health talks for organizations and businesses (2005-present).

Speaking presentations & health/fitness courses for government, corporate and private groups (1983-present) such as *BC Hydro*, *City of Surrey*, *The Surrey Fire Dept.*, *Government of BC Healthy Lifestyles Course* (Job ReEntry Program), *Tips Career College*, *ReMax Realty*, *Richmond Parks & Recreation*, *Peace River Parks & Recreation* (Alberta), *Surrey Parks & Recreation*, *School Districts* (White Rock, Langley, Delta & Surrey), *Take Off Pounds Sensibly (T.O.P.'s)* clubs, *Seniors' groups*, *Curves for Women* (Richmond), and many other businesses and private groups.

Weight trained since 1977; competed as amateur bodybuilder 1984-1990. 3rd place 1986 (Women's Light weight) *Southern B.C. Bodybuilding Championship*; 3rd place 1987 *Vancouver Bodybuilding Championship*; 2nd place 1988 *Vancouver Bodybuilding Championship*.

Involved in all aspects of newspaper production since the age of 14, with parent's newspaper business, *MacKenzie Highway News Inc.* (a chain of five newspapers), in Northern Alberta.

Self-taught oil and pencil artist (1975-present). Began specializing in oil portraits (1990-present) and cartooning (1997-present). Supplies exercise illustrations with fitness articles.

Over 25 years of experience . . .

Eve Lees

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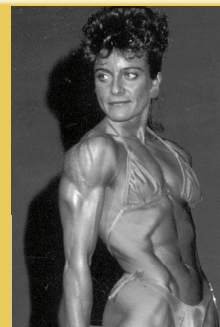
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Eve produces a newsletter similar to the UC Berkeley Wellness Letter – but Eve's newsletter is better!"

Mark Kozlowski, B.Sc., B.Ed (P.E.), C.F.A., owner of Life Consultants (Fitness First Aid & CPR)



Eve Lees has been active in the fitness industry for over 25 years and was a competitive bodybuilder from 1984-90. The mother of two adult daughters lives with her husband Lloyd in Surrey, BC.