So, here's my story . . .

I've been active in the Health & Fitness Industry for over 40 years (since 1979). I began by teaching fitness part-time while working full-time in the newspaper industry. I eventually left my career as a newspaper editor and switched to full-time fitness instruction and part-time journalism (I became a Freelance Health Writer). Beginning in 1985, I authored a weekly self-syndicated health column for 12 newspapers, including 11 years in the *Peace Arch News* (White Rock, BC), nine years in *The Langley Times*, four years in *The Surrey Leader,* and I've contributed to the *Province Newspaper*. I wrote a monthly health column for 10 years for BC Woman Magazine, 12 years for *INSPIRED 55+ Lifestyle Magazine,* and 16 years for the online newspaper *The White Rock Sun.*

I was among the first generation of certified *aerobic dance* instructors in the early 1980s (later called *group exercise* instructors). And I am a pioneer in the Personal Training field, beginning my career long before it was a recognized occupation. We called ourselves *'One-on-One Coaches'* back then. I competed as a bodybuilder (1984-1990). I've owned a Health Food Store and my own private gym. I managed two fitness centres. And I've achieved several certificates, including Certified YWCA Weight Training Instructor, Canadian Standardized Test of Fitness Appraiser (STFA, through the Canadian Assoc. for Exercise Physiology), Certified Fitness Instructor with The Alberta Fitness Leadership Association (AFLCA), Certified Personal Trainer with the Canadian Association of Fitness Professionals (CanFitPro), Certified Nutrition & Wellness Specialist (CanFitPro) and Healthy Eating & Weight Loss Coach (CanFitPro).

I've enjoyed an exciting career as a personal trainer to many from all walks of life who sought a trainer for inspiration *and* inspired me! Homemakers, students, athletes, CEOs, and even those more publicly known, including Publisher, Speaker and Author Peter Legge, Jack Poole and his wife Darlene, radio personality Bob Saye, and sportscaster Neil MacRae. I've been fortunate to meet and be inspired by them all.

> We're running your *"Refined Carbohydrates are Addictive"* piece. Honestly, Eve, people have been explaining this forever, but I've never seen it more clearly explained – and concisely!
>
> *Jeani Read, The Province Newspaper (2002)*

A few years after I began working as a fitness instructor, I chose to educate myself in nutrition. I studied at Simon Fraser University, S.A.I.T., and other institutes. When I began offering nutrition information to my clients, I witnessed how a good diet positively affected their gym performance – and general well-being. Nutrition proved to be just as significant a factor in their good health as physical activity! By the late 1980s it was realized fitness instructors should provide basic nutrition information to their clients. I was asked by the B.C. Recreation and Parks Association (BCRPA) to offer nutrition workshops to their certified fitness instructors. In 1989, I designed a workshop, *Eat to Excel,* which I presented for many years in the Metro Vancouver area through adult education programs, businesses, and private groups.

I studied anatomy/physiology, nutrition, sports nutrition and exercise physiology at Simon Fraser University, University of California, S.A.I.T., Alive Academy, The Canadian Health Food Association, and Herbal Dominion College (Burnaby B.C.). You can view my detailed "resume" if you like, on the next page of this document (testimonials follow that). In addition, to renew my Certifications, I was required to take several courses every year offered through various organizations such as Today's Dietitian, Human Kinetics, IDEA, and CanFitPro. But my greatest source of education is my career as a health researcher and writer. I've learned much in my 40-plus years of interviewing and constantly questioning the specialists in the fitness, nutrition and medical fields.



I am the mother of two adult daughters. I'm a grandmother and I am enjoying my semi-retirment, living by the ocean in South Surrey with my husband, Lloyd. As well as my long fitness career, I practise several other professions and hobbies: Graphic design was part of my journalism studies, and I dabble part-time as a Graphic Designer for a small client base. I am also a Portrait Artist, and I combined my training in research, writing, and design to produce *The Artist's Journal.* It was a listing of exhibiting opportunities for B.C.'s artists, published from 1997 to 2025.

I play guitar, read avidly, walk everywhere, and enjoy hacking up a golf course. And I truly enjoy challenging myself with an intense weight training workout four days a week. How do I have the energy for all this *and* pursue three different careers? I eat right!

I look forward to chatting with you soon and hearing *your* story.

Eve Lees *Surrey BC* ***evelees@telus.net***

EVE LEES ■ Health Writer & Speaker, Personal Trainer, Nutrition Coach

EDUCATION

Health courses: Several courses completed (and still ongoing) every year for certification renewal requirements, through many sources and organizations including *Today's Dietitian*, *Human Kinetics, IDEA,* and *The Canadian Assoc. of Fitness Professionals (Can-Fit-Pro).*
Alive Academy of Natural Health: Sports Nutrition Certificate (2004).
Simon Fraser University: Health and Fitness Studies Certificate Program (1989-1991; Nutrition, Anatomy/Physiology, Kinesiology).
Southern Alberta Institute of Technology (S.A.I.T. Calgary): Anatomy/Physiology (1988).
University of California (distance education): Nutrition course (1984).
Dominion Herbal College (Burnaby): Chartered Herbalist Certificate Program (1984).
The Canadian Health Food Assoc. (Vancouver): Nutrition course (1983).
Southern Alberta Institute of Technology (S.A.I.T.) Journalism Diploma Program, 1977-1979.

Eve Lees
Over 40 years training & experience as a Health Specialist & Health Writer

evelees@telus.net
Surrey, B.C.

CERTIFICATION / MEMBERSHIPS

Certified *Nordic Walking Instructor,* On the Edge Fitness Educators, Vancouver (2006).
Certified *Personal Trainer* (PTS), Canadian Assoc. of Fitness Professionals (Can-Fit-Pro), 2004-2008.
Certified *Nutrition and Wellness Specialist (*NWS), and Certified *Healthy Eating and Weight Loss Coach* (HWL) with Can-Fit-Pro (Certified until 2018, therefore no longer offers private sessions).
Fitness First Aid updated every two years through *Life Consultants* (1990-2008).
Canadian Standardized Test of Fitness Appraiser (STFA Certification), 1988-1996.
Fitness Walking Instructor Certificate (Vancouver YWCA 1988).
Certified Weight Training Instructor (Vancouver YWCA 1986).
AFLCA Certified Fitness Leader (Alberta Fitness Leader Certification Assoc., 1985-1990).
C.P.R. updated regularly (1984-2008).
Athletic First Aid (Sport Medicine Council of Alberta, 1984).
National Coaching Certification Program, Theory Level 1 (1984).
IDEA Professional Member since 1988; Member of *Sport Medicine Council of B.C.; Canadian Association of Fitness Professionals (Can-Fit-Pro); American Council on Exercise (ACE);* and *Canadian Personal Trainer's Network (CPTN).*

BUSINESS EXPERIENCE

Nutrition Counsellor, *Sandcastle Fitness Club* (White Rock/South Surrey, 2015-2018).
Personal Trainer & Nutrition Specialist, *Physical Dynamics (*White Rock, 2004-2013)*, The Garage Fitness* (Surrey, 2006-2007)*,* and *Dynamic California Club (*Surrey 2004-2006). Accepted as *Outside Personal Trainer* with Surrey Recreation Centres (2007-2008).
Nutrition Counsellor, *Cornerstone Natural Foods (*Surrey, 2003).
Herbal & Nutrition Specialist (Health Promotions Coordinator), *The Real Canadian Superstore*, Surrey BC (2001-2003).
Editor/Publisher *Personal Health Newsletter* (1995-2014) and *The Artist's Journal* (1997-2025).
Personal Trainer and media representative, *Le Physique Private Fitness Studio*, Vancouver (1988-1990).
Gymnasium Manager: *Pacific Coast Racquet Centre* (Surrey, 1986), *Body FX Gym* (Surrey, 1988) and *Fitness Factory* (Langley, 1991).
Weight Training Instructor: *Olympic Fitness* (Vanc. 1985), *Racquetball West Aerobic Centre* (Maple Ridge 1986), Huey's Gym (Surrey 1986).
Nutrition Coach, self-employed (1985-2018).
Fitness Testing, Surrey Fire Department: Invited to fitness test Surrey Firefighters as part of their department's new fitness initiative (1991).
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).
Involved in all aspects of newspaper production since the age of 14 (1973) with parent's newspaper business, *MacKenzie Highway News Inc*. (a chain of five newspapers in Northern Alberta).

PRACTICAL EXPERIENCE

Weekly Health Columnist for Alberta & B.C. newspapers; *The Mile Zero–Banner Post* (1985-2019), *The High Level Echo* (1988-2019), *The Mile Zero News* (1988-2018), *The Northern Pioneer* (1988-2015), *The Stettler Independent*, (2001-2013)*, The Now Newspaper* (Surrey, 2005- 2009), *The Stuart-Nechako Advertiser (*2004-2005), The *Province* Daily Newspaper (Vancouver, 2002), *The Peace Arch News* (1989-2000), *The Langley Times* (1987-96), *The Surrey Leader* (1993-95)*, The Abbotsford News* (1990-94).
Regular contributor to *Inspired 55+ Lifestyle Magazine* (2012-2024), *The White Rock Sun* (2008-current), *Wellness Matters Newsletter* (1996-2018), *Sounder Profiles Magazine* (2004-2009), Features Writer & Health Columnist for *BC Woman Magazine* (1989-1999), 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), *Alive Magazine* (1992-96), and *Club Direct* (1990-92).
Health and fitness articles also published in several local magazines and international publications including; *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 (1986-present).
Speaking presentations & health/fitness courses (1983-present); *BC Hydro, City of Surrey, 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 Recreation & Parks Assoc.*, *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 business and private groups.
Weight trained since 1977; Competed as an amateur bodybuilder (women's lightweight) 1984-1990. 3rd place 1986 Southern B.C. Bodybuilding Championship; 3rd place 1987 Vancouver Bodybuilding Championship; 2nd place 1988 Vancouver Bodybuilding Championship.

Eve Lees

Nutrition & Fitness Testimonials

Great advice from Eve . . . she reminded me humans were meant to eat plants as our primary food source. That doesn't mean you have to become a vegetarian but she said to try and change my thinking around meal planning and snacking. Start all planning with vegetables - a wide variety - and then add small portions of protein and carbs as enhancements to the meal instead of making vegetables the "add-on" . . . It's been working! ~ *Leslie Snyder, Manning AB (2017)*

Your presentation was a great success, receiving positive feedback from many members and staff of Surrey Sport and Leisure Complex. We highly recommend your presentations to corporations and people who are seeking a friendly, knowledgeable professional in the field of health, fitness & nutrition.~ *Jacqui Moss, Fitness Manager, Surrey Sport snd Leisure Complex*

Thank you again for that amazing presentation at PICS. We (the staff) all learned a great deal and hopefully will implement the info into our busy lives. I commend you for your inspirational presentations. ~ *Jacqueline Lim, Progressive Intercultural Community Services Society (PICS), Vancouver, BC*

I thoroughly enjoyed your talk. Kevin says I haven't stopped talking about it since I got home. Since I told him about your talk, he has been following the tips religiously, especially the chewing! And I am trying to chew more also. I've already sent a note to my daughter with some of your tips, I know she will find them helpful too. ~ *Yvonne Connelly (2015)*

I would like to thank you very much for teaching *Circuit Training* and *Weight Training* to the people in Manning. We have received so very many compliments on your well-organized, interesting and beneficial classes. We will miss you! I wish you the best of luck in your new location in British Columbia. ~ *Carolyn Rochon, Coordinator, Manning & District Adult Education, Manning Alberta (1985)*

Your presentation was well received. Mel came up to me afterwards and said she always has butter and mayo on all her bread and to realize she could use avocado instead was really great news for her. On a personal note, I am going to try the butternut squash in the toaster! ~ *Julie Beenham, Personal Trainer*

Eve gave me plenty of great information as well as information I could share with my family. I learned about 'diets' . . . and what negative effects they have on your body. ~ *Sue Denness*

I attended Eve's Workshop. She presented very interesting information, some that we need to be reminded of and other information that I wasn't aware of. It was a great presentation! ~ *Mary Lou Rust, Licensed Zumba Instructor (2015)*

Thank you for the sincere and exerted effort you displayed toward the improvement of physical conditioning for our staff. The true impact of your skills and nature came forth when you helped instruct firefighters in the proper procedures of the physical fitness training program. Your persuasive and demonstrative capabilities have indeed inspired a great number of our firefighters and they are continuing with the task at hand, even though it is a voluntary program. You are indeed to be complemented for such effectiveness. ~ *L.M. Pearson, Deputy Fire Chief, District of Surrey Fire Department (1991)*

My friend and I enjoyed your presentation. There were many things you spoke about that were informative, thought provoking and also some really great reminders about things already known but not recently applied when it comes to eating. My favourite quote from your presentation was 'everything we put into our bodies becomes a part of us.' This alone has me reading more food labels and better yet, avoiding food with labels! At this time of year when we have gardens full of delicious fare, your advice is easy to follow. Thank you . . . your words have inspired me. ~ *Jana Deluca (2015)*

As of May (a year after I started with you), I have lost 18 pounds and have been pretty well constant at that level. I haven't been this thin in 17 or 18 years and my doctor is delighted. ~ *Marilyn McQueen*

"Your class was very well received. Well Done!" *Elisa Carlson (Guildford Continuing Education, 1991).*
"Eve, excellent feed-back!" *Jerry Mandoli (Student comments from course evaluations):*

"Very knowledgeable and very sensible. Everything that she said was realistic."
"Presenter was very energetic & motivating!"
"Realistic. Good information. Well presented by instructor."
"Good review of general nutrition clearly presented."
"Had lots of knowledge. Good presentation."
"Friendly, very approachable instructor."
"Practical, useful information."
"Very positive. Gave us lots of information."



Writing Testimonials . . .

Thank God for Eve Lees, author of the *Healthline* column in your magazine. The information in Eve's column answered five questions that had been plaguing me for some time. I am a sixty-one-year-old woman who enjoys an active lifestyle, thanks to *BC Woman's* Eve Lees. There are many of us out here who need her! ~ *Beatrice Smith, Castlegar B.C. (from a letter to the editor, in BC Woman Magazine, 1995)*

We're running your *"Refined Carbohydrates are Addictive"* piece. Honestly, Eve, people have been explaining this forever, but I've never seen it more clearly explained – and concisely! ~ *Jeani Read, The Province Newspaper (2002)*

Thanks for the story and I wanted to mention I really appreciate that you include your sources at the end – few freelancers ever think to do that! ~ *Carolyn Cooke, Editor, Now Newspaper*

It is so great not to have to do excessive editing. All I did was work with Jim (in production) on images. Thank you for your great work. ~ *Janis Foster, Editor, Sounder Profiles Magazine (2004)*

Thank you for your consistent contribution every issue. Yours is one submission that I rarely have any edits to make . . . it's a pleasure to work with writers who are that meticulous about their work. So thank you for that. ~ *Barbara Risto, Publisher, INSPIRED 55+ Lifestyle Magazine.*

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, a fitness first aid and CPR training service, Delta, B.C.*

I am benefiting from your words of wisdom . . . Excellent info! *Joyce Halliday (about Eve's Facebook Health Posts).*

We were totally pleased with your articles. I am looking forward to our second edition in the spring. We want you to be involved. ~ *John Avdic, Now Newspaper Wellness Guide, Surrey, B.C. (2005)*

Thanks so much for always being available when I need something on the fly. You're the best! ~ *Ann Collette, Editor Wellness Matters.*

Have I told you lately you're a dream columnist to work with? You are! ~ *Bobbie Jo Reid, Managing Editor, INSPIRED 55+ Lifestyle Magazine.*

As always, I appreciate your promptness, your professionalism and your very interesting articles. ~ *Janis Foster, Editor, Sounder Profiles Magazine, (2006)*

Keep up the great informative articles in the newspaper! ~ *Lana Vant Erve, Manning, AB*

When you have a project, you take ownership and it gets done! Thanks for your help! *Rev. Wendy Yacboski, about her group's newsletter*