

Eve Lees, Health Writer/Speaker & Nutrition Coach

● Nutrition Coaching ● Speaking Presentations & Workshops ● Health Research / Writing

EDUCATION AND CERTIFICATION

Health courses: Simon Fraser University: Nutrition, Anatomy/Physiology and Kinesiology courses as part of the *Health and Fitness Studies Certificate Program* (1989-91).

S.A.I.T. (Calgary): Anatomy/Physiology course (1988).

University of California: Distance Education nutrition course (1984).

The Canadian Health Food Assoc. (Vancouver): Nutrition course (1983).

Dominion Herbal College (Burnaby): Chartered Herbalist Certificate Program (1984).

Several courses completed (and ongoing) through *Human Kinetics, IDEA, and Can-Fit-Pro*.

Alive Academy of Natural Health: Sports Nutrition Certificate (2004).

Law of Attraction Training Center (Modules 1 and 3) 2006-07.

Certified *Personal Trainer* (PTS), Canadian Assoc. of Fitness Professionals (Can-Fit-Pro) (2004-08).

Certified *Nutrition and Wellness Specialist* (NWS), Can-Fit-Pro (2004-present).

Certified *Healthy Eating and Weight Loss Coach* (HWL) Can-Fit-Pro (2015-present).

Certified *Nordic Walking Instructor*, On the Edge Fitness Educators, Vancouver (2006).

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

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

Certified Weight Training Instructor (Vancouver YWCA 1986).

Fitness Walking Instructor Certificate (Vancouver YWCA 1988).

C.P.R. updated regularly (1984-present).

Fitness First Aid updated every two years through *Life Consultants* (1990-2008).

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)*, and *Canadian Personal Trainer's Network (CPTN)*.

Douglas College, Graphic Design update courses: Principles of Graphic Design and Adobe InDesign (2007-2008).

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

BUSINESS EXPERIENCE

Nutrition Counsellor, *Sandcastle Fitness Club* (White Rock/South Surrey, 2015 - present).

Personal Trainer & Nutrition Specialist, *Physical Dynamics* (White Rock, 2004 - present), *The Garage Fitness* (Surrey, 2006-07), and *Dynamic California Club* (Surrey 2004-06). And accepted as an *Outside Personal Trainer* with Surrey Recreation Centres (2007-08).

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-present).

Personal 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* (Vanc. '85), *Racquetball West Aerobic Centre* (Maple Ridge, '86), Huey's Gym (Surrey, '86).

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). Graphic Designer (2008-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*, (2001-2013), *The Manning Banner Post* (1985-present), *The High Level Echo* (1988-present), *The Mile Zero News* (1988-present), *The Northern Pioneer* (1988-2015), *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 *Senior Living Magazine* (2012-present), *The White Rock Sun* (2008-present), *Wellness Matters Newsletter* (1996-present), *Southern 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 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 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 (1974), with parent's newspaper business, *MacKenzie Highway News Inc.* (a chain of five newspapers), in Northern Alberta.

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

Offering over
30 years experience
as a Health Writer and
Fitness Professional

Eve Lees

604-531-8643

evelees@telus.net

www.artnews-healthnews.com



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Testimonials . . .

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 & Leisure Complex (2000)

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).*

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)*

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, Surrey B.C. (2005)*

Your presentation was well received. Mel came up to me afterwards and said that 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 (2006).*

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 (2007).*

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)*

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 excellent presentation at our monthly safety meeting. Your presentation was very well received by all in attendance and proved very enlightening with regard to correct exercise procedures, diet, lower back problems and cardiovascular fitness. The handouts you provided were also greatly appreciated. *Larry Nygard, Shop Supervisor, B.C. Hydro (1986)*

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

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. (2004)*

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, White Rock (2004)*

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)*

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 (2003)*

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)*

Things are going good. I'm starting to see more definition, and I do feel I have more energy! *Jordan McCready, Surrey (2005)*

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Surrey BC
604-531-8643
evelees@telus.net