



# Karine Cauchon

## Personal Trainer

### Education & Certifications:

B.S. in Kinesiology and Exercise Science from UQAM  
Certified Movement Coach level 4 from Z-Health  
Certified Hardstyle Kettlebell from Dragondoor  
Certified Personal Trainer from ACMS  
Certified Group Fitness Instructor  
First Aid, CPR/AED  
Certified Delay the Disease instructor, Parkinson's exercise program

### Areas of Specialization:

- Weight loss
- Post Rehabilitation
- Corrective Exercise
- Core Strength
- Balance, Stability and Fluidity
- Strength Training & General Fitness

### Fitness & Health Philosophy:

Client's goals are my priority. Health and vitality is a result of physical, emotional, spiritual, social and environmental balance of an individual. Making a healthy lifestyle and training goals attainable through proven methods in physical activity. I use small precise movement to reeducate the body to move efficiently without pain, rehabilitate injuries and enhance athletic performance. I will help you reach your goals, through smarter movement.

### Personal Notables:

I was born, raised and educated in Montreal, Canada and I made fitness training my life's work. Over 12 years experience as a trainer, 8 of those at the JCC. I take great care in catering exercise programs to the individual, recognizing that no two people are the same and some may have special needs. When I'm not working, I can be found outdoors hiking, or mountain biking.

KORET CENTER FOR  
HEALTH & FITNESS



To schedule an appointment with Karine  
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