



► We are driven to set high goals, to set ourselves apart from the norm, to define ourselves.



► We can do ALL that we set for ourselves, but do we really need to do all? These are more questions that we need to address when we are imbalanced.



► We need to be accountable...to ourselves...and to those we value most in our lives; this is a difficult task because sometimes we need to do the right thing over that which we want to do in that moment.

○ Eat | ○ Train | ○ Balance

Renee Willis

RENEE'S PERSONAL PHILOSOPHY IS TO CHALLENGE ALL FACETS OF SELF, TO ACQUIRE NEW KNOWLEDGE FROM EVERY OPPORTUNITY, TO LIVE LIFE FULLY, AND TO INSPIRE PERSONAL BETTERMENT THAT FILTERS BOTH IN AND OUT OF THE GYM.

SPI CPT MSED BA



Renee's disciplined, determined, and leadership skills have strengthened her results personally and professionally; Renée, a fitness model and figure athlete, has learned firsthand the importance of nutrient timing, hormonal health, individualization to maximize goals, the importance of factoring in body's adaptations, and having the educated resources to create effective training protocols.

Eat, train, balance, and grow; simple stepping stone words to achieve success in ones goals.

Renee has many years where her continual education, her strengths in communication, her application in process improvements, and her natural ability to educate has manifested in her success as a leader professionally.

Recently, Renee has aligned her professional goals with her passion for optimal fitness, health, and personal betterment. Renee's personal goals fuel her drive to research, understand, to apply and to achieve success with a working knowledge that is relevant, and is effective.

Renee also applies the importance of balance in achieving and maximizing health, and physique goals; recovery methods is considered an essential, and addressing a clients 'ground zero' when creating building blocks is not only critical, but also necessary to fully grow and to fully maximize gains.

renee@definingedge.ca

Renee's Bottom Line to Success – Balance; find the fun to fuel the serious!!

