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**PAUL WALLACE**

PERSONAL TRAINER | TRIATHLON COACH

## OBJECTIVE

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To provide the knowledge I've gained through life and education to those who can most benefit from it.

## SKILLS

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I've been juggling, doing comedy and improvisation for over 25 years. I'm eminently adaptable to almost any situation and get along with everyone. I'm also an amazing listener because I truly do care about everyone.

## CERTIFICATIONS

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### **CERTIFIED PERSONAL TRAINER • CSEP • 2018**

A certified individual with detailed knowledge of general fitness involved in exercise prescription and instruction. I motivate clients by setting goals and providing feedback and inspiring accountability. I also educate clients in many other aspects of wellness besides exercise, including general health and nutrition guidelines.

### **CORRECTIVE EXERCISE SPECIALIST (CES) • NASM • 2018**

A proven program that can be applied to reduce muscular dysfunction and help your clients move, feel and live better. I work with clients using a variety of static and dynamic assessments to identify imbalances and use the results to design effective programs.

### **TRIATHLON COACH • NCCP • 2015**

Providing customized training and resistance plans to improve on existing skills or start a new path of fitness, fun and challenges.

## VOLUNTEER EXPERIENCE OR LEADERSHIP

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NAIT Program Advisory Council (PAC) – Alumnus- Ongoing

Alberta Triathlon Association – Director At Large – 2014 / 2017

Edmonton Triathlon Club – President – 2014 / 2016

Edmonton Triathlon Club – Director At Large – 2010 / 2014



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