

## **Biography of Andrew Hope**

### Certifications

- ISSA Certified Personal Trainer
- BCRPA Certified
- Specializes in weight training & personal training
- Canadian Red Cross First Aid & CPR



Andrew's philosophy on exercise and nutrition is simple; in order to maintain an ideal body-weight, one must build lean muscle. Andrew can help you lose body fat and gain lean muscle for successful long-term health. He is well qualified with ten years of consistent weight training experience. Andrew has successfully completed BCRPA (British Columbia Parks & Recreation) Fitness Theory, Weight Training and Personal Training courses. He is also a Certified Personal Trainer with ISSA (International Sports Sciences Association).

Andrew Hope did not excel in sports as an adolescent and as he matured began to avoid anything he perceived as difficult. He became sheltered and inactive. This resulted in him weighing 200 lbs. by the age of 13. He decided that his lifestyle was unhealthy and it was time to change! He began weight lifting, educating himself in better habits and eating smarter.

After nearly 8 years of consistent weight training he struggled to understand why his body was not filling out. This is when he began education and training about the fundamentals of "Natural Bodybuilding" and proper nutrition. Andrew is not genetically gifted or inclined to gain muscle in any way. However, he views his body as the template for realistic conditioning possibilities through a combination of proper education, good training technique and a bit of determination. His goal is to compete at a natural amateur competition in the near future.

**Book your Personal Training session with Andrew Today!**