



## about **silvia dondera**

Silvia Dondera has over eight years of experience in the health and fitness industry. She has provided individuals with nutritional consulting and personal training services, as well as seminar presentations.

Born and raised in Europe, Silvia Dondera is registered as a Personal Trainer with the British Columbia Recreation and Parks Association, and as a Registered Nutritionist with the International Organization of Nutritional Consultants.

With vast knowledge in human nutrition and weight management, Silvia seeks to inspire her clients to learn more about maintaining a healthy lifestyle, and empowers them to make the most of their abilities through knowledge, direction and support.

Her European education at the UPE (University of Physical Education) includes a Degree in Human Nutrition, and three years of graduate courses in Human Kinetics (exercise physiology and athletic performance). She has also attended over 20 local/international conferences and workshops in the areas of sport specific performance and sports nutrition.

unlock your potential...  
*live a healthy life*



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You are welcome to arrange an appointment with Silvia for fitness and nutritional assessments.

**Silvia Dondera**  
Personal Trainer and Registered Nutritionist

**silvia dondera**



silviadondera

age defying

wellness

*Embrace Life.*

## your way to a healthier you

healthier you

### Holistic Nutrition

The roll of holistic nutrition is to treat any underlying disorders and to restore normal body function by enhancing the body's own healing abilities. The holistic nutritionist views symptoms of disease as warning signals of improper functioning of the body and poor lifestyle habits. By understanding those principles and knowing what nutrients you need, you can improve the state of your health, protect against disease, and maintain a harmonious balance in the way nature intended.



### Nutrition Services Include:

- Nutrition and lifestyle assessment
- Determining ideal weight, percentage fat and calorie needs
- Assessing nutritional adequacy of daily eating patterns
- Making personalized diet plans for successful weight reduction
- Addressing stress as it affects health, eating and weight
- Helping with recipes, menu planning, and shopping.
- Planning special diets for hypoglycemia, heart disease, diabetes, weight gain or loss
- Educate clients regarding fat, cholesterol, fiber, fast foods, sodium, vitamins, supplements, anorexia, bulimia, low blood sugar, sports nutrition, carbohydrate loading, fluids, and pre-competition meals, triathlon food — whatever nutrition concerns you have!

Instead of struggling with nutritional problems by yourself, try a professional approach that will help you successfully win with good nutrition.

*"Let your food be your medicine, and let your medicine be your food."*

HYPOCRITES

nutrition

energy

## go the extra mile

### Why Personal Training?

- Knowledge — All personal trainers have to be certified. What this means to you, the client, is that you now have that knowledge working for you!
- Proper technique — Without the proper instruction, guidance, and motivation, a workout routine will not be effective. By training with a professional, you ensure that you're doing your exercises properly, to get the best results with none of the injuries.
- Personalization — Another one of the big advantages to personal training is that the trainer develops a program specifically for you and your goals.
- Fun! — You must enjoy working out. By doing this, not only are you more motivated, but also you will have fun achieving your fitness goals!



### Who can Benefit?

- Individuals needing an effective jumpstart to fitness
- Individuals looking to lower body fat and/or gain muscle
- Elderly individuals looking to regain strength and endurance
- Athletes looking to improve strength, speed, and/or performance
- Individuals recovering from an injury who need supervision to exercise safely
- Any one who would like to use exercise to aid in the prevention of many chronic conditions such as heart disease, diabetes and osteoporosis
- Any individual who would like to feel healthy, energized and emotionally uplifted

### Training Services include:

- Fitness Testing and Assessment
- Strength Training and Cardiovascular Conditioning
- Nutritional Analysis
- Core Conditioning
- Balance and Flexibility Training
- Functional Training

Challenge yourself with a personal trainer that will help you build the strong and fit body of your dreams.

personal training

strength

## stay young at heart

### Real Solutions for the Real World

In an ideal world, it wouldn't matter what you eat or how much, if you exercised, or how much stress you had to deal with. However, real life, especially if you want it to be long and rewarding, demands proper nutrition, rest and exercise, as well as stress reduction. Essentially all health problems — from depression to cancer, to pain, to inflammatory conditions — involve a nutritional component that can be modified to help improve one's health. Learn to cope with life's challenges and overcome the difficulties of achieving wellness.

### Get with the programs!

Become a strong advocate of a two-fold approach to health — eating well and practicing a consistent exercise program. Declare your freedom from "the earth is flat" impossibility thinking and learn how to stay healthy, productive, and ageless as long as you live. Provide your body with nutrients that fortify your immune system, and help you prevent degenerative diseases such as:

- Heart Disease
- Cancer
- Diabetes
- Osteoporosis
- Alzheimer's

### You're never too young or old to develop better nutritional and fitness skills.

Whether you're 17 or 77, you owe it to yourself to find out your specific nutritional and fitness needs. There may be problems — from high cholesterol to diabetes and heart disease — that are developing without your knowledge. A healthy diet and exercise plan are the foundation for a healthy and active future.

anti-aging / disease prevention

vitality

