



About Train by Trina:

Toronto-based Train by Trina is a leader among Canada's most prominent personal training companies. Founded in 2004, Train by Trina is owned & operated by Trina Lambe, a certified ACE Personal Trainer and overall success coach and fitness expert.

Train by Trina makes fitness **accessible to everyone** – whether it is a regular weekly session at your home, or a one-off, in-office consultation to help you set up your own program. Train by Trina's approach is straightforward: live a healthy lifestyle through activity; respect individual needs, goals, and progress. For more information, please visit www.trainbytrina.com.