

Introducing . . . Human Motion.ca Strength & Conditioning Inc.

Can-Fit Pro's
Sport Performance
Experts!



Who is Human Motion?

Human Motion is Canada's premiere training and sport performance company, offering personalized strength and conditioning and performance nutrition.....but it is also much, much more!

Founded by industry guru Carmen Bott, it has evolved into a "one-stop shop" providing online training plans, exercise videos, and performance nutrition plans as well as coaching, information, and advice from a "starting line-up" of industry gurus who specialize in sports performance training.

Human Motion's extensive online store offers:

- Digital media
- Trainer resources and licensable training systems
- Training programs for athletes and fitness enthusiasts
- Customized nutrition plans and
- E-Book resources for anyone interested in learning how to train like a world class athlete

Everything in the Human Motion store, (which gets hits from every corner of the globe) is 100 percent downloadable. "We are all about getting the right information out to people and not following trends - we know what works



HumanMotion
STRENGTH + CONDITIONING

and we know how to get our clients there."

Bott says: "We have been gently cultivating our garden of knowledge and making sure we have aligned with the right people to provide the best coaching services and information to our clients. Human Motion is a team, a think-tank, in fact. Each person respects each other and endorses each other wholeheartedly with one intention in mind - to make sure our clients get results. We do not stop at 'complete', we consistently try to exceed people's expectations and have set the pace for our industry colleagues to follow."

The "Starting Line-Up" of experts includes:

- Carmen Bott MSc. CSCS®D, the CEO of Human Motion Inc.
- Julien Emery B.H.K. (c) C.S.C.S., Strength and Conditioning Specialist

who has been consulting for Human Motion since 2005.

- Cliff Harvey, VP of Operations N.D. Dip Fit, Strength Coach, Nutrition and Health Consultant who has over 10 years in practice consulted to various World and Olympic Level athletes.
- Ceilidh Beck B.H.K., Movement Specialist with an impressive sporting and consulting pedigree.

Human Motion's mission statement: "To improve the quality of life and performance of our clients through the application of science-driven training systems that produce results." Together, the Human Motion team has found itself competing with the best of the best in the fitness industry today and stands on proven results.

And despite all of Human Motion's obvious success, Bott states that, "We want to be even busier and to impact even more people." One thing is for sure: Motivation is the driving force behind the Human Motion team. The, I'll do it when I get around to it excuse is a foreign one to this team of experts. In typical Human Motion fashion, this "think-tank" of highly qualified sport performance gurus, has no intention of slowing down anytime soon. □

For more information on Human Motion.ca Strength & Conditioning Inc., please visit their website at www.humanmotion.ca