



## **Instructor Bio:**

Michelle Gaulin, who is in her 60's, is Co-Owner/Manager of Ageless Fitness & Health Inc., a home-based fitness and nutrition business, incorporated in 2004. Her husband Jack Taylor, who is in his late 60's, is also a partner in the business, with both of us having 40 years experience each in resistance/weight and functional fitness training. We are retired Masters/Grandmasters athletes in bodybuilding competitions, where we competed in age group and overall events for 7 years, attaining podium placements for each competition. We no longer teach bodybuilding or compete but we work with many clients our age and even older, into their 80's, who strive to remain physically fit into their later years. Michelle is also a prehab and rehab Strength Specialist for clients who have had hip and knee replacement surgeries. Both Jack and Michelle are myofascial bodyworkers who are practitioners of manual assisted stretching (done on a massage table), and Gua Sha and Therapeutic Cupping practitioners (done on a massage table).

## **Her Philosophy:**

"At Ageless Fitness & Health", it's not only about your physical state of fitness or wellness to define the word "ageless". It is also about an ageless mindset and how we can help you to change your dialogue from "I can't" to "I can"!

## **Certification and Training (all courses since 2004):**

- Certified Online Fitness Trainer (in progress 2020)
- Certified Gua Sha Practitioner
- Certified Cupping Therapist
- Certified Cancer Exercise Specialist
- Certified AIS Practitioner (Manual Assisted Stretching)
- Certified Sports Nutrition Coach (specialize in Paleo nutrition)
- Certified Chair Massage
- Certified Chair Exercise Basics
- Certified Resistance Band Training
- Certified in Fascial Techniques for the Extremities

- Certified Senior Fitness Testing
- Certified Strength Specialist for Hip & Knee Replacements
- Certified Posture/Post-Rehab Specialist
- Certified in Body Weight Training
- Certified Shoulder Stabilization Specialist
- Certified in Exercise for Scoliosis
- Certified in Practical Yoga
- Certified Dynamic Medicine Ball Training
- Certified in Functional Muscular Assessment & Graduated Exercise Methods
- Certified Fitness Trainer (since November 2005)

## **Experience:**

- **Weight and resistance trained for many years on my own, before entering a competition. Started weight training when I was age 20. Worked with a California bodybuilding coach to prepare for my first show in 1987.** 1987 placed 2nd in Ladies Lightweight Bodybuilding category at the Alberta Regionals.
- 1988 placed 1st in Ladies Lightweight and Overall Bodybuilding category at the Alberta Provincials.
- Incorporated Ageless Fitness & Health Inc. in April 2004 and worked part time as a trainer, then went to full time in 2010, from our home studio.
- Judged in 2007 at the Alberta Regionals at the INBA for Fitness Model, Figure and Bodybuilding categories, all classes male and female.
- Achieved 3rd place at the Regionals (drug-tested competition) for the INBA as a Grandmaster (over 50) in Figure category in 2008.
- Achieved 1st place at the Provincials (drug-tested competition) for the IDFA as a Grandmaster (over 50) and Overall Champion in bodybuilding category in 2009.
- Achieved 1st place at the Nationals (drug-tested competition) for the INBF as a Grandmaster and Overall Champion at the Nationals, qualified for world competition in 2010.
- Won a bursary to study Sports Nutrition in 2008. Completed Sports Nutrition course in 500 hours in 2009.