

Tiana Moe

Personal Trainer

Wondering how you're going to keep track of your health fitness or workouts, not to mention staying motivated? It can seem like a daunting task! With today's awakening to health and wellness, Personal Trainer, Tiana Moe, keeps a busy schedule.

A graduate from *College of the Rockies*, Tiana studied *Human Kinetics* while on a volleyball scholarship. She brings years of dedication to sports and fitness, spending the last six years at the national level with Team Handball Canada, combined with eleven years of gymnastics as well as becoming a medalist for 100m and 200m sprints at the Canadian Juvenile Track and Field Championships.

Tiana offers comprehensive programs that include cardiovascular, strength and conditioning training *customized* individually, based on fitness levels, goals, and experience. Her training includes guidance, accountability and direction on exercise methods, frequency and duration. Conn Smythe Trophy winner Cam Ward (Carolina Hurricanes—2006 Stanley Cup Champions), Dion Phaneuf (Calgary Flames), Joffrey Lupul (Edmonton Oilers), Jay Bouwmeester (Florida Panthers), and Kyle Chipchura (Captain of 2006 IIHF World Juniors), as well as Kevin Martin's Curling Team, are examples of those who have received the benefits of Tiana's knowledge and expertise. "I work with dancers and figure skaters, football players, cyclists and equestrians, as well as businessmen, moms and grandmums," explains Moe. "I see the benefit of encouraging my clients, as I work them hard!"

"That's not good enough," says Moe. You can hear a twinkle of laughter in her voice when she says it—but you know Tiana means what she says! "I understand that training is a long process, and I give a lot of attention to the physical and mental aspects of each program."



A resident of Strathcona County, Tiana enjoys living with her parents, brother, and grandmother. "My family is an incredible support to me both personally and professionally," says Tiana. "They're my greatest fans—they're always promoting me; it's great to have them stand behind me!"

Horseback riding brings a welcoming comfort to the end of a busy day for Tiana. "I have four pleasure horses that I adore!" Inspired by the calmness of her family's country home, Tiana spends a few extra moments reading, before she turns in for a good night's sleep.

Tomorrow will bring a new set of challenges; no doubt, it'll be another busy day!

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