

About Me



I'm a health and exercise enthusiast. I love exercising, lifting weights, eating clean, and practicing a wholesome diet and lifestyle. My lifelong interest in sports, health, and wellness led me to helping others through the creation of a 90-day program. Success with this sparked the need to condense and create a more focused program to what it is today, a 30-day challenge. My heartfelt mission here is to enable you to grow in self-awareness and knowledge, build your self-confidence, and become a healthier, happier, and stronger you—all in one manageable month.

During and after my hockey career, I hosted my own hockey schools and camps, and coached goalies at Junior A and university levels. I've always been passionate about health and wellness due, in large part, to my family's influence; in fact, two of my aunts on my mother's side were fitness models and competitors.

A long-time friend and mentor, Dr. Nandor Bajusz, PhD., suggested I further my passion and enrol at the Canadian School of Natural Nutrition to become a

registered holistic nutritionist. After graduating, with honours, I've been further inspired and motivated to continue my education by studying functional medicine. Throughout this time, I've helped many deserving people recover from drug dependence, eating disorders, and chronic illness; I've also helped those who simply wished to lose or gain weight. It is so gratifying to me to support people in this way.

Over the past decade, I've studied numerous books on human behaviour, athletic and mental performance, nutrition, spiritual growth, and self-help. I've done my best to put to good use the information I've learned. To tell you the truth, the majority of the books I've read continue to have an impact on me today. Through trial and error and many experiences, I've developed my own versions of these teachings. This is why I wanted to put all of the positive and impactful lessons that enriched my life and the lives of others in this book, so I could share them with you.

Now, it's your turn. Perhaps you'll even pay it forward in some way.

So, without any further ado, I present to you ... my *#30daychallenge*.