



# Hi, I'm Raylene

## HEALTH & WELLNESS TRAINER

Hi there! My name is Raylene Leadbeater. I am the Owner/Operator of Motivate Fitness By Ray! My love of fitness began at a very young age, playing soccer, basketball & cheerleading in Cape Breton, N.S where I was born and raised.

I fell in love with the gym after becoming a mom. Fitness was a game changer for me in aiding my mind & body as a new mom. From then, I wanted to help guide other new moms in creating a more active lifestyle.

My fitness background includes, leading Dryland training for various sport groups such as baseball, hockey, figure skating. I am also a Kickboxing Fitness Trainer & Pilates Instructor. I have experience with Bootcamps/Aquatics Fitness & I am also a former Bikini Fitness Competitor & Alberta Champion.

I know there is no quick fix when it comes to fitness, but sometimes we need that extra push from a knowledgeable Personal Trainer to motivate you and help you believe in yourself.

Lets go!!

**CERTIFIED MASTER  
PERSONAL TRAINER**

**CPR \ AED**

**PILATES FUSION  
CERTIFIED**

**TRX - LEVEL 1  
CERTIFIED**



**CERTIFIED  
POSTNATAL  
FITNESS TRAINING**

**NUTRITION  
& WELLNESS  
CERTIFIED**

### AREAS OF INTEREST



Conditioning



Strength Training



Mobility



Sports  
Conditioning



TRX - Post Natal  
Fitness



Mind Body  
Connection



Resistance  
Training

### PERSONAL TRAINING PACKAGES

Please email [motivatebyray@gmail.com](mailto:motivatebyray@gmail.com)  
or call **587-306-7233** for information on  
client packages and pricing.

**To book a FREE consultation, please email or call.  
I'm here to Motivate YOU!**

IG @motivatebyray