

Biography of Pia Jmioff

Certifications

- Bachelor of Human Kinetics from the University of British Columbia
- Certified Exercise Physiologist with the Canadian Society for Exercise Physiology (CSEP)
- Professional Fitness and Lifestyle Coach with CSEP
- Certified personal trainer, group fitness instructor, with BCRPA
- 3rd Age and Osteofit certified with BCRPA
- 10 years experience in health and wellness



Biography will be made available soon.