



Get expert guidance from LIV North professionals.  
Join our virtual Health Fair on Zoom!

**Save the date & watch for more details coming soon.**

**WED., JUNE 3 - 1:00 - 2:00 PM MT**

**THU., JUNE 4 - 10:00 - 11:00 AM MT**

A healthy body holds a healthy mind.  
Come learn about all things health through;

- Fitness
- Nutrition
- Sedentary behaviour
- Mindfulness
- Stress

## Sit Less, Move More, Feel Better

**Emma Cotten** M.A. Kin, ACSM-CPT

Emma completed her Master's degree in Kinesiology and published her thesis on reducing sedentary behaviour. She spent much of her time at grad school at a desk, researching her thesis, so to say she is an expert on the negative effects of sitting is pretty accurate.



## Your Secret Weight-Loss Weapon

**Michele Merrell** BP,E, PN-2, CSEP-CEP

Michele has been working as a fitness professional since she graduated from the University of Alberta in 1992. She is a CSEP Certified Exercise Physiologist and Precision Nutrition Level 2 certified coach. Michele helps busy people form healthy habits so they can lose weight, build strength and have more energy. She promotes progress over perfection and believes that showing up consistently will get you where you want to go. She especially enjoys helping 'newbies' discover the joy of regular physical activity and watch them reap the benefits.



## Shake Up Your Warm Up

**Elena Davydenko** Fitness & Health Promotion Diploma, CSEP-CPT, CanFitPro-PT, FIS

Elena Davydenko is a fitness manager at one of the LIV North projects in Ontario. She's been with the company for 12 years providing a variety of fitness services to clients. She holds a diploma in Fitness and Health promotion from Humber College and a number of certifications that allows her to teach and train. On the personal note, she enjoys strength training and cycling.



## Six Steps to Beat Stress

**Alison Flint** BSc ExHP, CSEP-CEP

Alison Flint graduated from the University of Calgary with a Bachelor of Science in Exercise and Health Physiology. She went on to pursue education in Human Resource Management and Health, Safety and Environment Management. She is a CSEP-Certified Exercise Physiologist and a Red Cross First Aid Instructor and has been working in the Health and Wellness industry for over 10 years. As the Health, Safety and Wellness Coordinator for the Western Canada Division of LIV North Amenities, she is engaged in developing wellness programming for both remote locations and in-house services for clients in British Columbia and Alberta.



## Mindfulness: The Key to Navigate Through Challenging Times

**Sandra Corrado** CHRP, FIS, PTS, ZIN, SBZ

Sandra is a Fitness Manager with LIV North as well as and Integrative Wellness Coach. She is a Certified Fitness Instructor & Personal Trainer, with a background in Human Resources and Human Behavioural Science. She has been leading fitness classes and personal training sessions since 2005. In 2003, Sandra experienced burnout and as a result of wanting to learn what led her to that state, she delved deeply in learning mindfulness and many other methodologies and tools that she integrates into her practice. Sandra's holistic approach to fitness and wellness, include addressing the mind, body and spirit using fitness, behavioural motivation methodologies, breathwork, meditation, visualization and much more.

