About

Reach Personal Training uses a systematic approach to help clients reach their personal best.

For one price, each client receives a personalized training program that includes a combination of

* BioSignature Modulation™
* Detoxification through FIR sauna sessions
* Personalized nutrition plan including supplements
* A private focused setting with minimal distractions
* Educated, honest and knowledgeable staff

Services:

1-on-1 and 2-on-1 Sessions

All packages include:

* Fitness andA full body structural balance assessment- explain this in clearer words?
* Work out progress tracking and analysis
* BioSignature modulation
* FIR Sauna sessions

Group Training

Group sessions are offered at set times and provides structured resistance training in a small group setting. Group training packages include 3 weekly sessions, structural assessment, BioSignature modulation, and post-workout shakes

BioSignature Modulation

BioSignature Modulation™ is a cutting-edge, non-invasive fat loss and wellness program developed by world renowned strength coach [Charles Poliquin](http://www.charlespoliquin.com/Education/Biosignature.aspx). The method is based on the correlation between body fat storage and possible hormonal imbalances. BioSignature practitioners recommend an individualized program of nutrition, supplementation, and lifestyle modifications based on your unique BioSignature. It is a safe and natural solution to losing stubborn body fat, increased mental clarity, improved quality of sleep, higher energy levels, and better moods. BioSignature produces real, noticeable results – and fast.

Treatments

**Far infrared Sauna (FIR)**

The FIR sauna aids in the elimination of toxic substances from the body, including heavy metals like mercury. FIR heats the body accelerating the detoxification process. This detoxification is an integral part of fat loss or a cleanse.

Massage

Massage Therapy affects all of the systems of the body, specifically the circulatory, muscular, fascial and nervous systems. Massage is commonly used to treat a variety of conditions and ailments including headaches, whiplash, scoliosis, tendonitis, chronic fatigue, and arthritis. It has also been shown to:

* Reduces blood pressure
* Decreases anxiety
* Reduces inflammation
* Aids in muscle recovery

BIO’S

Ben Clarfield:

Ben believes that achieving goals is dependent on both physical and mental strength. Ben helps his clients lose fat, rehabilitate injuries, build muscle and improve their strength. Ben is a Level II P.I.C.P. regional strength coach and BioSignature practitioner. Ben has trained with Charles Poliquin, one of the top strength coaches in the world, at the Eleiko Institute in Sweden and at the Poliquin Strength Institute in Rhode Island.

Ben has always participated in physical activity. A native of Kenya, Ben played rugby, ran track and field, played semi-professional basketball, achieved Dan ranking in WTF Taekwondo and traveled to Japan to train in Taijitsu, and is a former IDF soldier.

Ben moved back to Canada for university and injured his knee playing basketball. This experience taught him the process of rehabilitation and inspired him to help others.

Education and Certifications:

* Poliquin International Certification Program (P.I.C.P.) Level I and II Strength Coach, Poliquin Performance
* Poliquin Instant Muscle Strengthening Technique (PIMST), Poliquin Performance
* Upper Body Strength Certification, Ido Portal
* Modified Strongman and Energy Systems Training, Eoin Lacey
* Internship with Preston Greene -Head Strength and Conditioning Coach of the University of Florida Gators Men’s Basketball Team
* John Broz Weightlifting Seminar

1. BioSignature Practitioner, Poliquin Performanc
2. Personal Training Specialist, CanFit Pro

* Master’s Medieval Philosophy at the University of Toronto

Jacob Lay

Jacob firmly believes that a healthy psychology and internal awareness are the essential components of any type of training. Over the last 10 years he has been actively involved in the health and fitness industry as an athlete, trainer, practitioner and teacher.

Jacob has participated in the Training in Power Academy, an energy based meditation system. Jacob joined the faculty as a teacher of the foundational program last year and currently studies at an advanced level in multiple programs, including the Master Warrior program.

As a personal trainer and strength coach he is experienced and certified to help you obtain your goals in weight loss, structural balance, muscle gain and functional strength.

Education and Certifications:

* Poliquin International Certification Program (P.I.C.P.) Level I and II Strength Coach (June 2012), Poliquin Performance
* Upper Body Strength Certification, Ido Portal
* Modified Strongman and Energy Systems Training, Eoin Lacey
* Level 7 Training in Power Practitioner and Teacher, TIP Academy
* Year 7 Master Warriors, TIP Academy
* Traditional Chinese Medicine Practitioner, Dipl.TCM
* BioSignature Practitioner, Poliquin Performance
* Flexibility Highways – Dynamic Myofacial Training System, Chuck Wolf
* Personal Training Specialist, CanFit Pro
* First Aid and CPR certified

Jessica Rust

Jessica Rust is a Registered Massage Therapist and has been practicing since 1996. She has experience in treating a range of issues including: stress, injury including sports related injuries, neck and shoulder tension, whiplash, sprains / strains, insomnia, tendonitis, and frozen shoulder to name a few.

Jessica is trained in energetic healing modalities and teaches the meditation course Level 1 – The Prophet from the Training In Power Academy.

Education and Certifications:

* Working with Infants and Children, Infant Massage Instructor Course, Trimesters: Massage Therapy Education
* Neuromuscular Integration and Structural Alignment (NISA), Fascial techniques for the release of fascial adhesions and to create better range of motion
* Reiki Level 1 and Level 2
* Corporate Course and Level 1 through 8 completed plus several ancillary courses, Training In Power Academy
* Principles of Biology, Athabasca University Is this a degree?
* RMT as a Labour Support Provider for Pregnant Women, Birthworks
* Cranial Sacral Therapy – Level 1, The Upledger Institute
* Massage Therapy Program, Canadian College of Massage & Hydrotherapy

Heather Claus

Clients who work with Heather receive a program customized to fit their lifestyle and needs. Heather’s motto is work from the inside out to achieve your goals. She loves training clients and is a natural healer. The combination of the two is her yin and yang.

She has been in the fitness field for eleven years – personal training, educating, teaching pilates and group fitness. Her experience includes BioSignature Modulation, nutrition, strength training and flexibility/mobility.

Heather is also a fascial stretch therapist. With a background in pilates and rehab she took a stretch basics course and continued to become a certified as a Level II Fascial Stretch Therapist.

As a mother, Heather understands the challenges and the benefits of exercise and nutrition for the whole family. Heather became a personal trainer to share her passion for health with people, and give them the tools and inspiration to accomplish their fitness goals.

Education and Certifications:

* Poliquin Internation Certification Program (P.I.C.P) Level I Strength Coach, Poliquin Performance
* Poliquin Internation Certification Program (P.I.C.P) Level II Strength Coach, Poliquin Performance\*
* BioSignature Practitioner, Poliquin Performance
* Biosignature CE, Poliquin Performance
* FAT Tool, Poliquin Performance
* Fascial Stretch Therapist Level 1 and 2, Stretch to Win
* Stretch Basics, Darby Training Systems
* Functional Assessment Exercise Progression, Darby Training Systems
* Active Isolated Stretching, Stretching Canada\*
* NeuroKinetic Therapy, Level 1, NKT\*
* The Forum and Seminars, Landmark Education
* Nutritionist, Precision Nutrition\*
* Certified Pilates Mat and Integrated Movement Therapist, Second Wine Pilates

Contact Us

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**Parking:** There is metered parking on the north and south sides of Davenport. **TTC:** Reach PT is located on the South-East corner of Davenport and Bedford.