

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

KRISTIN D

Kristin Dogterom is a Clinical Exercise Physiologist and Athletic Therapist.

She is passionate about movement and how, with the proper guidance, it can improve your mental, emotional and physical health. Kristin has over 10 years of experience working in various roles within the Health and Wellness field. Kristin specializes in supporting clients who are pre/postnatal, those with chronic disease and chronic pain as well as injury rehabilitation. She is a Health at Every Size Advocate and focuses on a whole person and sustainable approach to healthy lifestyle and behaviour change.

Let's work together to optimize your health through movement!

Learn more about the BSRC's personal training options at beaumont.ab.ca/281

