

## PROFILE: TRISH SCOTT

- Owner and President of IncrediBall Enterprises Ltd. since May 1998.
- Co-ordinator for FITBALL® training programs, nationwide.
- Master trainer and international presenter for FITBALL® USA and Ball Dynamics International, Inc.
- Master Trainer for Kangoo Jumps® and Canadian Coach / Trainer/Educator for MBT® Masai Barefoot Technology.
- Actively involved with the fitness industry for the past 25+ years, including 12 years as a Manager/Executive Director of fitness/personal training centers.
- Designer of the FITBALL® II - Cardio Program and video which was released in 1998.
- Co-authored the FITBALL® Basic Training Program manual with Cheryl Soleway. Also co-authored the FITBALL® Workout Guide.
- Currently involved as a freelance writer for a national chiropractic magazine (Canadian Chiropractor Magazine) writing rehabilitation reports (October 2002 to present).
- Trish is continuing on with researching and designing back care programs. Her second video "Back to Functional Movement" was released in January 2000. A seasoned presenter both in Canada and internationally, Trish continues to design and instruct classes. Her focus now is primarily designing programs that incorporate the use of the latest low impact equipment, footwear and therapy products that enable the aging population to stay active.

## FITNESS EDUCATIONAL BACKGROUND

Fitness Leadership Training - Simon Fraser University 1982  
Registered as Fitness Leader BCRPA 1983  
Registered Personal/Weight Trainer BCRPA 1993  
Certified Personal Trainer Specialist CANFITPRO 1999  
Certified Fitness Instructor Specialist CANFITPRO 1999  
Certified Personal Trainer American Council on Exercise 1998  
Instructor Competency Evaluation Workshop 1993  
UBC - Fat Loss Leader Certificate 1996  
FITBALL® Training - Joanne Posner-Mayer, Denver, Co. 1997  
FITBALL® Training Conference/Seminar - Essen, Germany 1998  
Muscle Balance and Function Level 1 - 2004  
KJ Master Trainer - 2005  
MBT® Fitness Coach Training - Switzerland and USA 2006

## PROFESSIONAL QUALIFICATIONS

Registered Personal Trainer/Weight Trainer/Exercise To Music (BCRPA) Certified Personal Trainer (ACE - American Council on Exercise) Nationally Certified - **CAN-FIT-PRO** Personal Training Specialist - **CAN-FIT-PRO** Fitness Instructor Specialist FITBALL® Master Trainer and Educator Canadian KJ Master Trainer and Educator Canadian MBT® Fitness Coach Member of International Council on Active Aging  
Press release 1997: "As the driving force behind Cardio-FITBALL®, Trish has spent the past two years designing and researching ball exercises." - **FITBALL® USA**