



## **Amir Nevo, BScK, CSCS, PFLC** Kinesiologist, Certified Personal Trainer

**Amir Nevo** received his Bachelor of Science degree in Kinesiology from Dalhousie University in Halifax, Nova Scotia, Canada.

**Amir** has extensive experience in strength and conditioning with the general public, athletes, and cardiac and pulmonary rehabilitation. Amir is a distinguished leader in his field and is an outstanding speaker, well versed in the science of exercise. He is highly sought after for both private client training as well as public speaking in a corporate environment on any number of health and fitness topics.

**Amir** is affiliated with the National Strength and Conditioning Association, and with the Canadian Society for Exercise Physiology. He holds both the prestigious Certified Strength and Conditioning Specialist certification (NSCA) as well as the Professional Fitness and Lifestyle Consultant certification (CSEP), the highest exercise science certifications available from both of these international certifying bodies.

**Amir** hosted a television program called “Healthwave” on Eastlink Television which aired in over a million homes in Canada, and has also appeared on the weight-loss reality shows “Taking It Off” and “X-Weighted” on the Life Network, as well as appearances on Global Television, Eastlink Television, ATV, and CTV. His television appearances, along with regular newspaper and magazine columns, radio shows, and personal appearances provide the public with everything from simple fitness tips to the hottest new fitness trends, keeping people current with the ever-changing world of health and fitness!



**Amir's** fitness DVDs and e-books are available internationally, and can be found for sale on his website. His website and products serve as excellent fitness resources for anyone interested in health, exercise, new fitness ideas, motivation, and advice!

Visit **Amir's** website  
[www.healthwave.ca](http://www.healthwave.ca)  
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