

Cassandra Coolin

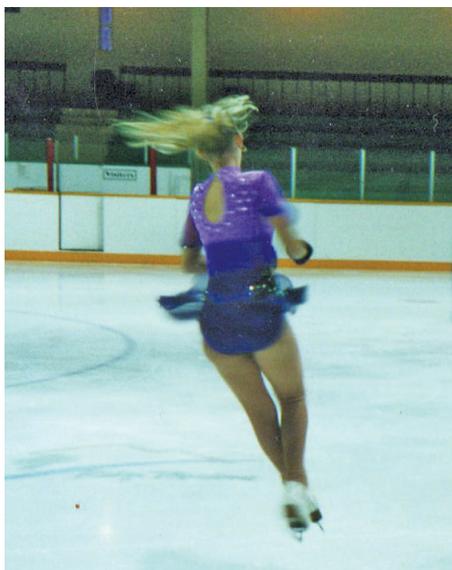


Motivated!

Much of my success in past endeavours can be attributed to my commitment to fitness.

Always passionate about sports and fitness, I have been participating in sports since the young age of 3 and spent 16 years as a competitive figure skater, earning 34 medals and achieving all 4 gold disciplines.

During my competitive years, I travelled to provincial, national, and international competitions where my experiences were challenging and very rewarding.



Cassandra performs a jump during a run-through of her long program

My passion for figure skating led me to become a coach for young athletes and a volunteer certified figure-skating judge. When I was offered a full-year scholarship to go to university, I gave up my competitive career.

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Staying physically fit has increased my confidence, energy levels, and self-discipline and alleviates stress and anxiety. My delight in fitness motivates me to teach aerobics at local gyms and community centres; I enjoy helping the participants enhance their levels of fitness. Together, we are reaping the innumerable health benefits of regular exercise; it helps guard against disease and the onset of some health conditions.

It is important to set goals so you have something to work toward continuously. Keep your goals in sight so you stay focused and on track. Choose an activity you really love such as hiking, swimming, biking, skiing, or playing baseball with your kids.

We BC Notaries are often confined to sitting in our chairs at least 8 hours

a day, 5 days a week. We can look for opportunities to be more active such as riding a bike to work, taking the stairs instead of the elevator, and going for walks during breaks. Integrating exercise into the daily regime is fundamental to good health; exercise is proven to impact functional capacity, psychological health, general well-being, and weight management.

Regular physical activity not only increases our productivity at work, it leads to living longer, healthier, and happier lives! ▲

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Awarded the Gold Medal in BC Summerskate and North America Challenge Competition