

How do you Inspire the World to Fitness®?

“**My parents believed**

that activity was important in order
to have a strong mind and body,
and their teaching has guided me
to want to help others.

As a child I was sickly,
and my parents put me into sports
to become healthier.
Not only did I become healthier;
I became a
world champion
synchronized swimmer.

Experience taught me
no matter where you start,
you can achieve excellence.
My job is about helping people
find the passion
within themselves.

I can guide, but at the end of the day
they hold the power to achieve their goals.
My reward comes
from inspiring others.”

Helen Vanderburg,

2005 IDEA Fitness Instructor of the Year,
Founder and President of the Heavens Fitness Limited
Calgary, Alberta Canada

IDEA Member since 1989



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