

# Groundwork Athletics

## Emilia D'Aversa – BHK BCRPA

### Strength and Conditioning Specialist

Emilia grew up in Vancouver involved in many different activities including swimming, biking and hiking. One that stuck with her was martial arts. At the age of five, Emilia begun practicing Tae Kwan Do and was able to obtain her black belt at the age of eleven. It became apparent to her that physical fitness was a very important factor in her life, giving her the realization that this is where she wanted to be – always.

Emilia took the steps to go about and achieve this goal applying and being accepted in the UBC Human Kinetics Program; becoming a registered personal trainer though BCRPA; and working towards obtaining her Exercise Physiologist certification through the Canadian Society of Exercise Physiologists. Emilia is excited able to share her passion and enthusiasm for physical fitness and all that it has to offer.

### ACCOMPLISHMENTS

- Black Belt in Tae Kwan Do
- 2008 Participating in Scotia Bank Half Marathon
- 2006 Completed Vancouver Marathon
- 2004-2007 Vancouver Sun Run
- Belonged to high school wrestling team – came in 2nd place during tournament
- Participated in high school track and field
- Practiced Muy Thai Kickboxing, Pankration, Boxing