

Groundwork Athletics

Stella Purac – BSc. BCRPA

Strength and Conditioning Specialist

Stella fell in love with long distance running at 13 years old and has been running and occasionally competing ever since (that's 27 years + in case anyone is curious)! She also loves mountain biking, trail running, kayaking, kickboxing and pretty much any sport! Stella has never been the best athlete in school, but she was the one that gave everything she had, came to every practice early and always tried to improve her game. This is still the attitude that she has today. Her positive, infectious enthusiasm encourages individuals of all levels of fitness and athleticism to try their best and push them to their potential. Her personality and drive convinced Groundwork Athletics to train her throughout her Personal Trainer training and certification studies. She shadowed them for over 6 months intensively.

Initially intending to go to medical school, she started her career with researching cancer therapeutics within the biotechnology industry after her BSC in Microbiology/ Biology. After many years, it became apparent that her personality was more suited to bossing people around and whipping them into shape... er... being around people and promoting physical activity! She changed her focus from treating illness to preventing it.

ACCOMPLISHMENTS

- Sun Run 2005-2009
- Leader Sun Run Clinics 2008,2009
- Pre/Post Natal Certification
- Scotiabank Half Marathon 2008
- Vancouver Half Marathon 2007
- Silver medal Tuffest Twosome-SFU 2001