



PROPULSÉE PAR  
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## Meet Coach Mike!



Mike Gervais has been active in the health and fitness field for the past 38 years. For the last 16 years, he has worked exclusively in the fitness industry as a personal trainer and running coach. He has his own Fitness Consultant business since 2004, training clients in their homes and coaching runners and triathletes of all levels.

He has taught many running clinics ranging from 5k to Marathon at the Running Room in Pointe-Claire, as well as being a corporate running coach for Merck Canada in the West Island from 2016 to 2018. He remains a guest lecturer today at several running clubs. In addition, Mike has taught the Fitness Instructor Training certificate at the West Island Y since 2008.

Besides teaching and working full time as a personal trainer, Mike is an avid runner and triathlete. Over the years, he has completed over 45 marathons, too many 10k races to mention, and numerous triathlons, including an Ironman.

