

Shari Feuz B.A.

Freelance Health & Fitness Writer

About Shari

Shari is a Vancouver Canada based fitness professional with a passion for guiding people to achieve mastery over how their body looks, feels and performs. She is a **kinesiologist** and has been a **certified personal trainer** for over 14 years.

Shari has managed a personal training studio, served as the Fitness Director at a large community center, worked on large scale fitness conferences and on publishing a wellness magazine. Through these experiences Shari has developed a diverse and in-depth knowledge of fitness and the industry as a whole.

Shari has a B.A. in Kinesiology and has unique interest in the psychosocial aspects of human movement and often explores the following topics. [Clickable for sample writing](#)

Topics of Interest

Healing through alignment

Cancelled surgeries, mystery pains vanish, allergies disappear, I have seen the miracles with my own eyes. You would be absolutely amazed at how poor posture effects your health and how surprisingly simple it can be to straighten up.

Active Aging

Vintage doesn't just apply to French wine and automobiles. Bodies that stay active across the lifespan are superior and ageless.

Exercise is medicine

Squats or surgery? Push-ups or pills? Stairclimber or Stent? Exploring the healing and preventive powers of physical activity.

Motivate me

The number one reason people are not successful is because they lack motivation and will power. Here you will find a little bit of fluffy support and a lot of butt kicking.

Insider Secrets

From the world of personal training by a trainer who has seen it all. Cringe!

Fit Hollywood

When you get paid millions to look good, you'll do what it takes. Here are the stars who make healthy choices.

Body image

Mirror Mirror on the wall, show me the way to the gym.

Kinesiology for the people

How the heck does this thing work anyway? Get to know your body better, with limited latin terminology. Latissimus what?

Gear and Gadgets

From hot fitness fashions, shopping channel duds to absolute must-have training tools. Reviews of tried, tested and true health and fitness stuff.

Home Fitness

Everything you need to know to get in fabulous shape at home. To accompany the Motivate Me section because we all know how successful workouts next to a TV, fridge, couch, bathtub..... can be.

Fit Momma

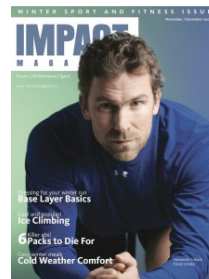
Baby on the way? Baby arrived? Baby in college? All moms need to be fit for their babies.

Travel Wellness

Staying fit on the road and discovering wellness destinations.



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Shari's Fitness Blog



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