



# Helena Smolock

CPT-RNC, Master Athlete, Founder and President of Velocity Athletic Training. Helena Smolock has over 35 years of proven expertise within the fitness industry. Her journey as a track athlete in high school sparked her passions in the field, leading her to create a decorated career in fitness and personal health. With her initial career path of becoming a criminal lawyer, she worked in the criminal division at the Ottawa courthouse in Canada, quickly shifting gears after 6 months once she began uncovering her natural talents and interests. This proved to be a worthwhile decision, as she has earned numerous accomplishments and recognitions since devoting herself to the fitness and nutrition industry.

Today, Helena continues her journey as a fitness professional and master athlete. She has been featured on several radio stations for her achievements and has written fitness columns for various magazines and newspapers. Helena has gone on to being nominated for Business Person of the Year in 2021, and was honored with the fourth place of the top ten Business People of the Year in 2022. She was also awarded the Business Excellence Award by the Langley Chamber of Commerce in BC, Canada in 2003.

Helena has supported a wide portfolio of corporations, semi-pro athletes, clients with cancer and heart disease, and post-rehab individuals, helping them to recover from injuries by gaining strength through resistance training and mind-body connection via meditation and anchoring. She has led thousands of classes across many levels and is a certified STEP, SPIN, Strength, and AQUA-Fit instructor. She is celebrated for her compassionate yet firm approach to helping others strengthen their health and relationship with themselves. Helena infuses and leads each class and personal training session with a comical but firm style that allows her clients to build a positive relationship with their Health and Wellness goals.

In the ever-changing world of fitness, she continues to remain on top by continuously seeking out new methods and research to advance her abilities and knowledge within today's modern industry. In spring of 2022, Helena will embark on a journey to obtain her PhD in Natural Medicine and Wellness, fusing her wealth of experience in fitness with the powers of personal health and wellbeing.

**Helena's Mission** - Velocity Athletic Training has created an environment where a trusted bond is developed between client and coach. Together we design your 1:1 Functional Conditioning to boost your Athletic Performance and Mindset to WIN!!

Believe it. Be it. Live it.

