



Our Mission

Nuvia is committed to improving the quality of life of our clients through nutrition and exercise.

Our Services

Nuvia's premium exercise services are for adults of any age or fitness level. Your trainer will design a program unique to you and your fitness needs while providing individualized attention, guidance, and motivation to reach your goals.

Our Staff

All Nuvia Staff are experienced trainers with degrees and/or certifications in exercise science and share a passion for nutrition and exercise.

NuviaAge™

The NuviaAge assessment is essential to evaluating your health and fitness level. Your Nuvia trainer will use the results of this assessment to determine the most efficient and enjoyable path to reach your goals.

What is the Best Program for Me?

Based on the results of your NuviaAge Assessment your trainer will recommend personal training, fitness coaching or NuviaAge challenge. With personal training, your Nuvia trainer will work with you 3 times a week motivating you every step of the way until you reach your goals! Motivation not a problem? Great! Your trainer will recommend Fitness Coaching which involves meeting with your trainer once every two weeks during which you will receive updated programs and consistent feedback until you reach your goals. Think you already have an idea what to do? That's fine too! Your trainer would then recommend NuviaAge Challenge, where you would meet once every other month to assess your progress and keep you on track! Furthermore, any service can be supplemented with Nuvia nutrition coaching in order to accelerate your fat loss & improve overall health.

What should I expect?

Within two weeks of starting your Nuvia program you will feel better, have a lower stress level, and feel more energetic. After six weeks you can expect reduced body fat and improved overall health. In fact, after six weeks, on average, our clients have achieved a 10 year reduction to their NuviaAge.

Where Is The Program Offered?

The Program can be found at NorthRidge Health Performance Centre, Nanaimo, B.C. We have combined Nuvia's top of the line services with NorthRidge Health Performance Centre's state of the art facilities to bring you the ultimate fitness experience.

How Can I Get Started?

For more information or to schedule an appointment call 250-751-0505 today!

