



Monique Bohemier

Monique is a lifelong athlete and enjoys sharing her enthusiasm for fitness and a healthy lifestyle with others. She partakes in various physical activities such as resistance training, outdoor cycling, walking, yoga, Pilates, Spin, ice skating and officiating ringette. Passionate about overall health and fitness, Monique has attained the Manitoba Fitness Council Group Cycle, Resistance Training and Active Older Adults certifications. She has also taught a Falls Prevention course in Saint-Boniface. She is a Registered Dietitian, teaches science courses at Université de Saint-Boniface and works as a community health research assistant.