



LR2 SE starting at \$44,900
Visit Land Rover Metro West for details

December 10, 2007



OVERCAST
 1°C
 5 Day Forecast
 Traffic

insideTORONTO.com
 The online home of Toronto Community News

THE MIRROR

THE GUARDIAN

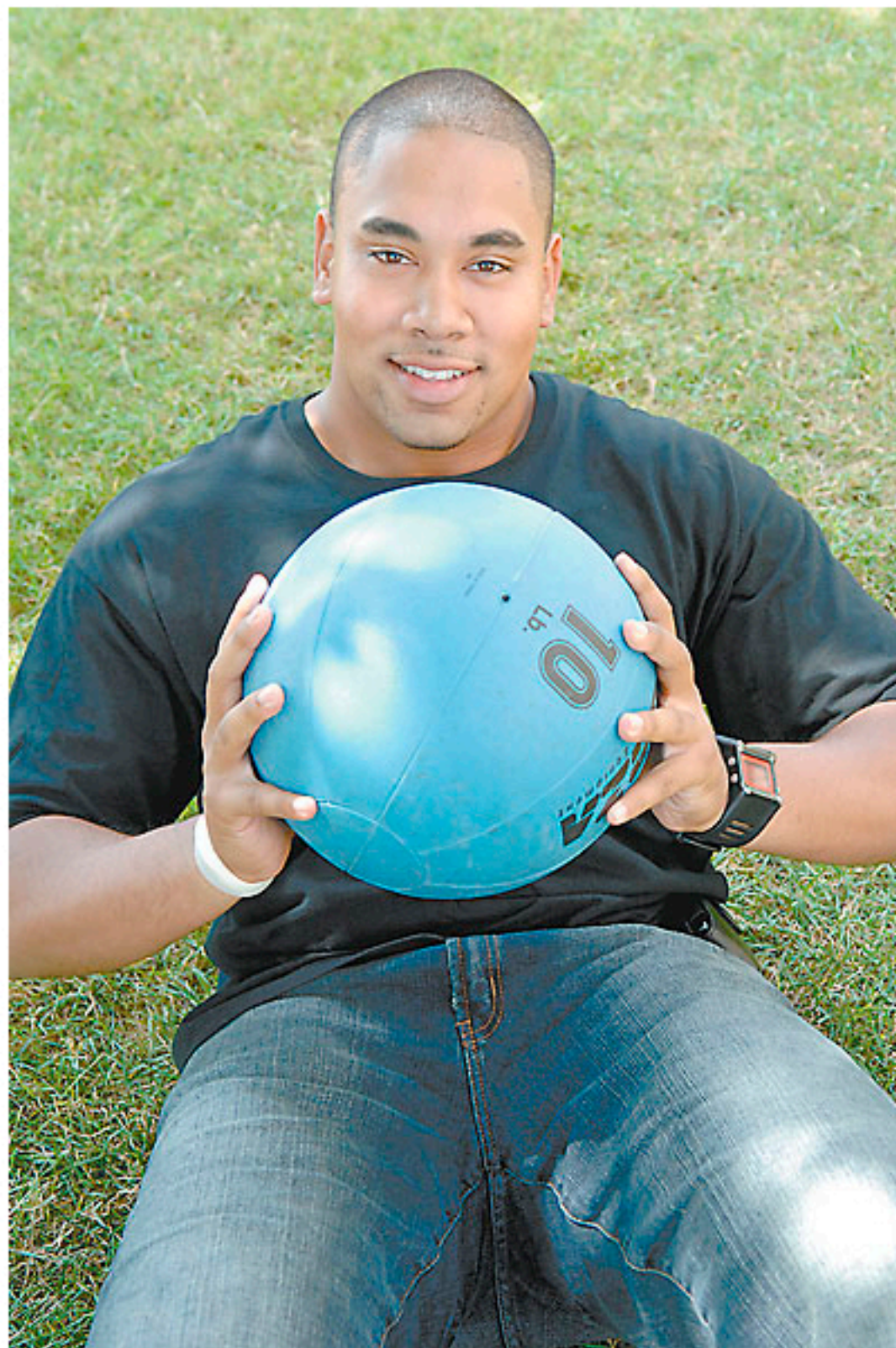
THE VILLAGER

Start searching now
 All publications

Home News Sports Lifestyle Classifieds Automotive Real Estate Services

Open Houses

Local student hopes training biz is the right fit



Marlon Teekah, founder of Dynamic Fitness Training, is one of ten young entrepreneurs to receive a Government of Ontario grant, which helped him launch his personal training business.

Marlon Teekah received grant to help launch venture

BY JUSTIN SKINNER

AUGUST 13, 2007 12:36 PM

With no shortage of motivation of his own, 22-year-old Marlon Teekah is helping others find their own inner drive.

Teekah, a fourth-year University of Toronto kinesiology student, recently started his own business as a personal trainer. In May, he learned that he was one of 10 young entrepreneurs to qualify for a grant from the Ontario government's Summer Company Program, which helps new business owners get their ventures off the ground. Whether or not the grant had come through, however, Teekah was determined to make his Dynamic Fitness Training business a success.

"I actually applied in February and when I didn't hear back, I initiated steps to start it up by myself," he said. "I ended up hearing back in May and that's definitely been a big help, but I wanted to make a go of it either way."

Teekah said he wanted to start his own business after learning the ropes as a gym coach at the Fitness Institute and speaking to colleagues who work as personal trainers in established gyms.

STORY TOOLS

CHANGE FONT SIZE

PRINT

EMAIL

FEEDBACK

Place Your Company's Ad Here!

TOP STORIES

- » Ford in trouble again with integrity commissioner
- » Federal transportation minister says money available for infrastructure in T.O.
- » Kids can enjoy outdoor fun at Humber Arboretum
- » Salvation Army cautions against fake canvassers in Etobicoke
- » Beloved tale will help you get into the Christmas spirit
- » 'Unsung heroes' honoured at Variety Village
- » Park named after former York mayor
- » Residents jam meeting about potential cellphone tower in neighbourhood
- » Brookside Public School officially opens its doors
- » Mayor weighs in on budget debate
- » Local MPP receives award for animal protection initiatives
- » Photo exhibit helps connect to youth to community

LATEST BLOGS

- » City Hall: Ashton's off the Executive Committee
- » Stars Above: Incredible Mars Event in August 2007...NOT!!!!
- » City Hall: Why can't they just get along?
- » Naturopathic Perspectives: The Hidden Dangers of MSG
- » The Diversity File: To remember or not to remember
- » City Hall: This is going to be a more interesting term than anybody thought...
- » Teen Sheet: The answer to all of life's little questions

RSS

ADVERTISEMENT

CLICK, BID, SAVE!

Recent Stories

- » Ford in trouble again with integrity commissioner
- » Federal transportation minister says money available for infrastructure in T.O.
- » Kids can enjoy outdoor fun at Humber Arboretum
- » Salvation Army cautions against fake canvassers in Etobicoke
- » Beloved tale will help you get into the Christmas spirit
- » Park named after former York mayor
- » Residents jam meeting about potential cellphone tower in neighbourhood
- » Brookside Public School officially opens its doors
- » 'Unsung heroes' honoured at Variety Village
- » Mayor weighs in on budget debate



Let our family care for yours.

Affordable Care Solutions:

- Nurse Supervised
- Companionship & Transportation
- Flexible 3 to 24 Hour Care
- Specialized Dementia Care
- Light Housekeeping
- Bathing & Grooming

Homewatch CareGivers
 6021 Yonge Street, Suite 1023
 North York, ON M2M-3W2
 (416) 250-0009
 northyork@homewatchcaregivers.com
 www.homewatchcaregivers.com

"Gyms will charge \$75 or \$80 and then give the trainers half that money, or in some cases they'll just give them \$20," he said. "I wasn't too fond of the whole policy."

He added that he keeps his prices competitive with other personal trainers and offers free initial consultations and nutritional counselling to go along with his training regimens.

"The important thing to me is that people take good care of themselves and keep fit and healthy," he said. "Nutrition is a big part of that and is a key to reaching (fitness) goals, whatever they are."

Teekah specializes in body fat reduction, increasing muscle tone and mass, and sports-specific training. He offers sessions in a pair of studios, one at Sweat Elite near Avenue Road and Lawrence Avenue and the other at Your Fitness near Yonge and Bloor streets. He also offers group training, in-home sessions and even outdoor workouts.

"I figure in the summer, it helps to take advantage of the outdoors," he said. "Instead of being in a gym every single day, I'll hold total body exercises in the park."

While he chose his studio locations carefully - "I looked at affluent areas because it takes a certain amount of income to afford a personal trainer," he said - he has also introduced a Jump Start program, where he will charge for three sessions and give his client a series of exercises to carry out for a month.

"I want to get people active, and not everyone can afford one-on-one sessions," he said.

While Dynamic Fitness Training is a time-consuming job, Teekah will return to school in the fall and will once again be part of the U of T Varsity Blues football team. He said he may hire on trusted and qualified colleagues to help him maintain his business once the school year starts again.

"Some people wait until they're out of school to start a business and then it takes them a year or longer to build up a client base," he said. "I want to use this time to get that client base built up and get myself out there."

Teekah has also taken time this summer to work with the Toronto District School Board's "Boys 2 Men" mentoring program, helping underprivileged youth with fitness and training.

For more information on Dynamic Fitness Training, or to register for a free consultation, call 416-985-5425 or e-mail marlon@marlonteekah.com.

ANNEX THE MIRROR BEACH-RIVERDALE THE MIRROR CITY CENTRE THE MIRROR EASTYORK-RIVERDALE THE MIRROR ETOBICOKE THE GUARDIAN NORTHYORK THE MIRROR SCARBOROUGH THE MIRROR BLOOR WEST-JUNCTION THE VILLAGER YORK THE GUARDIAN

our network: Featured Business | Free Date Connection | garage sales | insidetorontoAUCTION | Reader's Choice

our affiliates: Insurance Hotline | Stand Up Scarborough | Walk of Fame

[About Us](#) | [Copyright Notice](#) | [Privacy](#) | [Advertise](#) | [Contact Us](#)