



Rebecca Peters, BC

Rebecca was born in Winnipeg, Manitoba, the middle child of three girls. When she was four her parents decided to move out west to British Columbia and they were raised in the lower mainland, in a city called Burnaby. Neither parent were hunters, but both enjoyed the city life, outdoors and had a great love for animals. Most summers were spent at their cabin at Hornby Island where Rebecca would fish with her dad, and her mom would enjoy her time at the beach.

Living so close to the ocean, Rebecca's family decided that all three girls would learn to swim. Years into her swimming lessons she then became a member of a swim club and swam competitively into the start of high school.

From there, Rebecca's interests developed into fitness, health and wellness and she completed her lifeguard program and fitness training programs dedicated to weight training and aerobics, which helped fund part of her college tuition.

Rebecca's educational background includes a Diploma in Fine Arts. Much of her career has been in an office setting, in the downtown area of Vancouver, BC, with a variety of responsibilities, and the latest being a Manager, Administrative Services for a mortgage and investment firm.

Rebecca is passionate about the outdoors, fitness, health & wellness, nutrition, and cooking. She is also an accredited Yoga Instructor, which lead her even further down the path of meditation and spiritual practices.

Unfortunately, in 2018 Rebecca fell ill, which changed the entire course of her life. She made the decision to follow her passions and decided to go back to school. She is currently studying to become a Practitioner in Holistic Nutrition. She has great respect for healing techniques and positive philosophy, and she has learned to create more wellness through the mind, body, and spirit connection. Rebecca has compiled her own personal guide into the development of positive thought patterns for healing and reversing her own illness and creating health and wellness for herself and family members.

Rebecca has a love for animals and is a volunteer with the Wild Sheep Society of BC at their fundraising events. She currently resides in Port Coquitlam, BC with her husband Colin, their dog Charlie, and is a stepmother to two beautiful children, Reghan and Ryan.

One of Rebecca's favorite things to do is laugh. She believes that laughter can change the course of anyone's life and that if we continue to live in gratitude than our love will continue to Bless others around us. One of her favorite Tony Robbins quotes is: "Life doesn't happen to you, it happens for you." We all have the power to make choices and take control of our lives.