



**Farhan Dhalla**  
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As a licensed physiotherapist to some of the world's greatest athletes and personal trainer, Farhan Dhalla integrates his diverse background making him one of the most sought out professionals of his kind. From postural assessment to power yoga, step workouts to indoor cycling, Farhan is a well-rounded educator who is known for his versatility. He is a former Reebok University Master Trainer, Can-Fit-Pro certified Fitness Instructor Specialist and Personal Trainer Specialist, YMCA trained fitness leader, and has presented throughout Canada, the US, and Australia. Farhan has been a guest of numerous television shows nationwide as fitness expert and can be seen daily on "In Shape with Sharon Mann" on *Canadian Learning Television and FIT TV* in the United States and *Caribbean*. As owner of *Commitment to Optimal Health*, Farhan offers instructor workshops, community seminars, and is the author of several publications world wide.