



Jill Payne
Personal Trainer
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Jill Payne has always had a passion for health. As a multi-sport athlete, Jill represented Canada in both Sprint Canoe and Rugby before turning her focus to helping others share her passion for health. Her background in kinesiology and education eventually led Jill to her Masters in Exercise Science; Employee Engagement & Workplace Performance. Since opening her own business based out of Costa Rica, Jill has worked with individuals, high performance teams, elite competitive surfers, UFC fighters and celebrity clients such as; Gisele Bündchen and Diane Lane. To help her clients achieve their health and fitness goals, Jill draws from a multitude of skill-sets, everything from athletic training to yoga and most recently a variety of muscle activation techniques.

Jill's balanced and motivational style is contagious. Her mantra is that fitness can be fun, and does not need to be a struggle. She radiates this type of positive energy which inspires and uplifts her clients, preparing them to motivate themselves. Whether you are an elite athlete or a corporate executive, Jill's practice will help you become more productive, energetic and healthy.

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SELF

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