

## Filipino fitness expert Betina Gozo selected as finalist for Women's Health 'Next Fitness Star'

Written by Administrator  
Monday, 26 June 2017 16:27

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Fitness expert and Nike Master Trainer Betina Gozo (pictured above) was announced as one of five finalists in Women's Health magazine's fifth annual search for the "Next Fitness Star."

Gozo, chosen from thousands of submissions, will appear on the flip cover of the July/August

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issue, which hits stands June 27.

Gozo, 30, was born in the Philippines and grew up in the Chicagoland area before recently moving to Portland to be close to the Nike Headquarters.

She played bass for five years in a rock band before discovering fitness.

The hype she felt from performing didn't come close to what she felt while training.

Now, as a Master Trainer, she leads workouts that include functional strength moves, plyometrics, and core work at the Nike World Headquarters.

With a mission to help women find a balance between tough and functional workouts, Gozo believes that breaking down bigger goals with smaller tasks is the fastest way to reach your full fitness potential.

As the founder of Canvas Training, Gozo has worked with a wide variety of clients — from 8-year-old athletes to active aging seniors.

Certified in Functional Movement Systems, she strives to keep all her clients moving correctly so that they can live long, healthy, and functioning lives.

Canvas Training features three different levels of programming aimed at novice, intermediate and advance level gym goers that include eight weeks of strength and conditioning workouts, nutrition and healthy habit guides, and more!

"This competition is one of the coolest things I've ever been a part of, and I still can't believe I was chosen as a finalist!" explains Gozo.

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"I am grateful and excited so please vote for me!"

Women's Health magazine readers and fans are encouraged to visit [WHNextFitnessStar.com](http://WHNextFitnessStar.com) to watch videos of each finalist and vote for their favorite finalist.

After the votes are tallied, the magazine's panel of experts and celebrity judges will decide who should be crowned the 2017 Next Fitness Star.

This year's judging panel includes: Debbie Matenopolous (co-host of The Insider and Hallmark's Home & Family), Jen Ator (Women's Health Fitness Director and C.S.C.S.), Hilaria Baldwin (yoga instructor and author of The Living Clearly Method) and Emily Skye (F.I.T. program founder and Women's Health July/August cover star).

Voting is open now through Aug. 4.

The winner will be revealed on CBS' The Insider on Tuesday, Aug. 22.

For more information on Gozo, please visit [www.betinagozo.com](http://www.betinagozo.com) or [www.traincanvas.com](http://www.traincanvas.com).