



Meg Stickl grew up in Ottawa and studied Psychology and Gerontology at the University of Ottawa. In October 2013, she started up A.I.M. Fitness, an in-home personal training company, specializing in adults 50+. She is a Shaklee independent distributor and enjoys helping women increase their energy and lower stress through a natural, holistic approach. Meg and her boyfriend are co-authoring a book which is coming out this year, and together they have founded CONNECTwork.