



## **Catherine Chan, CEO FitIN**

### **Afternoon Session: Experience The Mexican Style Of Doing Business**

Catherine is a long-time lover of running, has competed in kettlebell competitions, and has her Grade 4 sash in Kung Fu. She is a graduate of The University of Western Ontario Master of Arts program, and spent a few years in marketing in the entertainment industry before getting into management. Since then, Catherine has been a successful retail store manager, sales manager and training manager.

Stemming from a desire to try a new yoga class, and frustrated by how long it took to find the right class in the right place at the right time, she was inspired to found FitIn - a platform designed to help people find and be inspired by the amazing number of fitness experiences available out there.

As a mental health advocate, Catherine works to educate, inspire and connect people by helping them improve their brain health through physical exercise, fitness, and movement.