

a strong & healthy connection

Ashley is a current upgrading student who is gearing up to start the Fitness & Health Promotion program at Cambrian soon.

Ashley started with upgrading before the pandemic. After a break in studies while living out of town, she's back — more motivated than ever — and just one course away from completion.

One thing Ashley says really helped her get through this leg of her journey was the strong connection she built with faculty.

Their support, encouragement and the sense of accountability they provided helped her stay focused through the tougher moments and meet her goals.

“Sudbury is where I’m supposed to be,” she says. And with her sights set on the future, she’s ready to inspire positive change in how our community moves, feels, and thrives.

Ashley’s past struggles with weight loss sparked a passion for fitness and a clear sense of purpose. She’s now working toward becoming a personal trainer and plans to open a facility unlike your mainstream gym — an inclusive space with self-esteem-centered design, on-site childcare and even a healthy restaurant.

She has already begun putting her vision into action by learning to reinvent some classic foods into more nutritious, fitness-friendly options — something she hopes to share and sell locally.



Even now, Ashley is seen as a wellness inspiration by friends and peers who come to her for advice, support, and encouragement.

Her passion is contagious, and she’s excited to keep growing her knowledge and reach. Ashley’s journey is a reminder of what’s possible with determination, vision and the right support.

— Jessica Ravenscroft, Cambrian College