

find  
your  
fit!

## Find Your Fit Provincial Ambassador



Find Your Fit Provincial Ambassador, Dr. TA Loeffler brings 25 years of expertise leading people through significant life-changing experiences to every facet of her work. Her work and adventures have taken her to 41 different countries and all seven continents.

As a Professor of Outdoor Recreation at Memorial University of Newfoundland, TA has developed a reputation for excellence in experiential education because her students are more likely to be outside chasing icebergs than sitting in a classroom. TA inspires hope, possibility, and vision in those whose lives she touches. Over the past ten years, TA has shared her message of “Big Dreams, Big Goals” with over 62,000 youth in the province of Newfoundland and Labrador.



TA is a talented athlete and uses strength training, running, biking, yoga, cycling and step aerobics to prepare for her expeditions to some of the highest summits in the world. She has a passion for hockey and has played every position on the ice including goaltender. TA has coached several championship winning hockey teams and has officiated at the national championship level. Through her experience in both sports and outdoor adventure, TA intimately appreciates teamwork and knows how to bring teams together to accomplish their goals and fulfill their greatest potential.

For more information about TA and what she's up to please visit her website at <http://taloeffler.com>