

Balance key in health trainer's mantra

(Posted Date: Tuesday, May 6, 2008)

By [Lorianna De Giorgio](#)

Balance. A simple word that packs a lot of punch.

For celebrity fitness guru Roland Semprie, it's the most important attribute someone can have.

With balance, people can lead healthy, happy lives filled with both professional and personal success.

Without it, stress and life pressures can overtake even the most confident of personalities, he says.

Through his 20 years as a personal trainer, Semprie, who is also trained in traditional Chinese medicine and naturopathy, has taught that philosophy.

With this month's official launch of his health and wellness facility – Roland Semprie Rosedale – Semprie is bringing that way of life to a wider audience.

“When you start to get results in your workouts and nutrition that translates into getting success and results in other areas of your life,” Semprie says while balancing his toned body on an oversized exercise ball in his Yonge and Roxborough area studio.

His non-membership facility offers one-on-one, customized personal training, holistic treatments including massage, chiropractic care and acupuncture, and a bevy of diverse classes from spinning and boxing to salsa and Pilates.

Set programs are also available including The Difference, a group training workout that teaches different areas of fitness and the tentatively-titled Triple Threat, a training program, which incorporates the use of supplements and herbal teas.

“I want people to understand fitness, health care and body treatments are all part of a healthy lifestyle,” says Semprie, who began personal training while he was a student at U of T and helped train the university's athletic teams.

Semprie still says he helps people win only this time it's helping them achieve their weight, or overall fitness goals.

He says he doesn't believe in the term “weight loss”, but rather advocates for “weight release”, since the term “loss” signifies something people might regain back.



WALK THIS WAY: Roland Semprie, owner and physical trainer of Roland Semprie Rosedale gym, says balance is the most important attribute someone can have.

Semprie, who is the former co-owner of Totum Life Science, is a big believer in treating each client uniquely and not just as another number. Too often traditional gyms are more interested in increasing their volume and cash flow than helping their members achieve their unique, specialized goals, Semprie says.

Uniqueness also applies to the design of the second-floor facility. Semprie worked with top Toronto architect and interior designer, Dee Dee Taylor Hannah to create a space outfitted with white and red walls with silver and black accents and enough windows and mirrors to add ample warmth and light.

The sleek changing rooms are eons away from typical dingy gym versions, with their hotel-style showers, large supply of toiletries and minimalist design.

“I wanted the space to be a visual of who I am,” says Semprie who is also a doctor of SCENAR.

Self-Controlled Energy Neural Adaptive Regulation is a Russian medical technology that signals the brain to activate the body’s own self-healing resources.

The VIP nature of Roland Semprie Rosedale extends to its concierge service, which offers clients event planning and entertainment and travel booking.

“I want to change the way people think about lifestyle and balance. I want them to realize that they can create balance in their own lives and live a healthy lifestyle.”

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Story Location: <http://www.towncrieronline.ca/main/main.php?direction=viewstory&storyid=6765>