

May is National Physiotherapy Month. Find out what inspires registered physiotherapist and clinic owner Dana Ranahan in her answers to the Proust Fitness Questionnaire.

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What kind of fitness/exercise do you do now regularly?

Road and mountain biking, running and hiking

What new sport/exercise would you like to do in this lifetime?

Ultimate frisbee

What is your idea of a perfectly 'fit and healthy' day?

Getting up early and going for a great bike ride or run! Then home to relax with coffee.

What is your biggest fitness and well-being obstacle ever?

Grand Fondo Whistler twice, biking Moab, Chekamus Challenge from Squamish to Whistler.

What is your greatest motivation to get out the door and moving?

Because it make you feel so great and alive and we live in the best city ever to be active!

What would you say to people who have not yet discovered the mental and physical benefits of a regular fitness regime?

Exercise is an amazing tool to feel better and stronger. It is like a natural happy pill!

What is the best fitness / well-being advice you've ever given to a client?

Work at your own pace and enjoy what you can do.

Who has inspired you to grow & change in your physiotherapy practice?

I love helping people to achieve their goals and overcome injury. It is very rewarding seeing people get better and achieve goals they thought they could not.

How will you inspire others to be fit this year?

By being active and encouraging those to find their passions and enjoy being active, whether high level or recreationally.