



CHRISTINE PITKANEN

Psychologist, Personal Trainer, Adventurous Mom



Series: “Big Crazy Family Adventure”

Hometown: Carstairs, Canada

Christine Pitkanen grew up in a small town on the Canadian Prairies. A talented athlete, she competed in running, basketball and golf at provincial levels. After receiving a Bachelor of Arts in kinesiology from the University of Calgary, she spent 10 years working as a personal fitness trainer. Pitkanen then earned a master’s degree and PhD in counseling psychology from the University of Calgary, and now works in private practice while devoting much energy to raising her children.

Pitkanen and her family are featured in Travel Channel’s “Big Crazy Family Adventure.” In this series, Pitkanen journeys from British Columbia to the Himalaya – along with her husband, Bruce Kirkby, and their sons, Bodi and Taj – by land and sea only. The family makes their way through expansive landscapes, challenging climates and unique communities in some of the most remote areas of the northern hemisphere, in an effort to escape the everyday modern world and embrace some of life’s simple wonders.

Pitkanen currently resides in Kimberley, Canada with her husband and two sons.

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