

# Hannah Shrives



## Contact details:

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## CUSTOMER SERVICE CONSULTANT

I am currently studying my Certificate 3 and 4 in Fitness at Regency Tafe. I have had a passion in health and fitness since a very young age. This was influenced by the many sports I participated in, such as kayaking, hockey, swimming and soccer. I have participated at national and state level for most of these.

I love to inspire others to chose a healthier approach to their life as physical activity leads to a healthier lifestyle and mindset. I am looking to study physiotherapy in the future to grow my knowledge in health and fitness and to help others on their fitness journeys in a different way.

*Quote: "A little progress each day adds up to big results"*