

# William Lampard



## Contact details:

### Email:

**William.lampard@westcare  
healthandfitness.com.au**

**Phone: 0404196112**

**Westcare**   
HEALTH AND FITNESS  
[westcarehealthandfitness.com.au](http://westcarehealthandfitness.com.au)

## PERSONAL TRAINER

As a Personal Trainer I take it upon myself to not only deliver you with an exercise program but to make your journey to a healthy lifestyle fun and enjoyable. I do this by tailoring specific exercise plans/ programs suitable to your goals/ needs and exercise style so that you'll never feel you're going off track and will always be slowly progressing towards reaching your goals.

Staying active is one of the best ways to keep our bodies healthy. Regular physical activity can relieve stress, anxiety, depression and anger and keep your body feeling fit. You know that "feel good sensation" you get after doing something physical? Think of it as a happy pill with no side effects! However with all the benefits of physical activity maintaining a healthy lifestyle and staying consistent can always be a challenge. Having the opportunity to help others on the journey to bridging the gap of physical activity being seen more as a chore rather than a hobby stood out to me.

*Quote: "Each new day is a new opportunity to improve yourself. Take it, and make the most of it!"*