

Jordan Heatley



Contact details:

Email:

**Jordan.heatley@westcare
healthandfitness.com.au**

Phone: 0405 242 836

PERSONAL TRAINER

My goal as a personal trainer is not only to help my clients achieve their goals, but to make long lasting, positive lifestyle changes so that they can become the best version of themselves. I truly believe that the gym and fitness is for everyone, and it can make a positive difference in anyone's life, as it has made such a positive difference in my own life.

Having gotten into the fitness industry a bit later in life, I've had a lot of different odd jobs, careers and dealt with other personal difficulties that can get in the way of achieving goals and living a healthier lifestyle. Having that insight based on my own experience, means that I can help you work around those barriers in your own life to become the best version of you.

I have experience with many different types and styles of training, meaning I can help with all manner of goals, such as general weight loss, toning or adding muscle, increasing cardiovascular endurance, increasing strength/power, bodybuilding and any sport specific training.

Quote: "Fitness is for everyone, regardless of age, weight or body type".