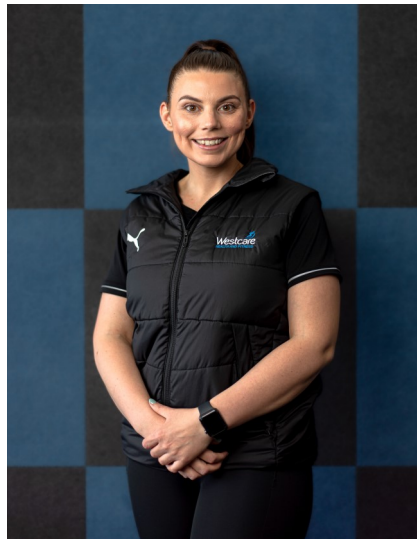


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PERSONAL TRAINER

As a Personal Trainer, I work with each client to establish their S.M.A.R.T. goals which are specific, measurable, attainable, realistic and time-based. Working collaboratively, we focus on building health habits through effective lifestyle changes to successfully reach these goals.

I am confident in my ability to develop my clients into the best version of themselves possible ensuring they're living a life where they feel confident, strong and capable both physically and mentally.

I pride myself on my interpersonal skills, program delivery and dedication to each client. I offer a service which extends much further than the gym floor with a willingness to help grow my clients through mindset, nutrition and lifestyle advice. I thrive seeing my clients succeed and reach their full potential!

Quote: "A strong body and mind are the only two things you cannot be given in life, you must work for them every single day, but having both is the most fundamental part of life. When you're able to overcome every obstacle, challenge and set back from the resilience you have built both physically and mentally."

