

# Anita

Nothing is as important as your health. If you feel good, and move well, you feel equipped to tackle what life might throw at you. We all want to stay active and healthy, but often it feels like you need that extra bit of help, some motivation to show up and get started. That is where having a personal trainer can help.

I like to train people who need that extra help. Whether you're coming back from an injury, or you're lacking motivation, or you feel self-consciousness to step into a gym. I can relate to needing good guidance, understanding and someone who cares.

I think carefully about each and every training session I prepare for my clients. And I often base many of my exercises on rehab, recovery, and postural corrections. It's so rewarding to see when someone has discovered their own ability and has gained back their health and their life.

## Specialisations:

- Returning to exercise after injury or illness.
- Postural corrections.
- Empowering the client with the knowledge to help themselves long term.



## Available for sessions at:

Eltham Leisure Centre  
Diamond Valley Sports and Fitness Centre