

Deb

My love of health and fitness led me to discover an accreditation allowing me to work as a Personal Trainer. This was 15 years ago, and I've achieved enormous growth and satisfaction tailor-making training programs for clients of varying abilities. The rewards are empowering and endless.

Spending quality training time with clients broadens my understanding of their unique needs and ensures goals are met. My favourite is strength training because I love doing it so much personally, find it super helpful as we age, it supports our functional activities, as well as improving bone density.

I LOVE MY WORK AS A PERSONAL TRAINER.

Specialisations:

- Strength Training
- All Abilities
- Mature Age
- Weight Loss



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre