

Melissa

Why do so many of us fail to prioritise our own health? We set our own needs aside to care for others and can't seem to find the time to care for ourselves. As we become more depleted, we are less able to offer help to others.

Health is so much more than just our physical fitness. Wellness involves loving life, reducing stress, sleeping well and being the best version of you.

Build strength, confidence and self esteem with resistance training. Make time for yourself so you can function well at any stage of life. Become a strong resilient human.

Specialisations:

- A holistic approach to fitness
- Strength training for a variety of goals
- Experienced at working with all ages and fitness levels



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre