



I have trained to help you become healthier & stronger

My Accreditations include:

- **Diploma in Fitness & Nutrition**
 - **ACE Certified Personal Trainer**
 - **Certified - Yogafit - Level 2**
 - **Brains & Balance Past 60 Specialist**
 - **TRX Group Suspension Training**
 - **ACE Fitness Nutrition - Continued Education**
 - **ACE Sports Nutrition - Health and Performance Continued Education**
- 