

Many Things to Know.



ENRICA

How I started:

I was 18 when I first got a personal trainer to help battle depression. I didn't want medication, and I knew I always felt happiest playing sports, so I got myself a trainer and dedicated my time in exercise and learning about nutrition. Seeing the positive effects it had on me, I decided I wanted to make a difference and help others in similar situations. 10 years later I'm still training clients, I'm still training myself and exercise will always be a priority in my life.

Philosophy:

You can achieve anything you want in life as long as you put your mind to it. I'd the drive and want is strong enough, nothing is impossible. You have one body, treat it with respect, listen to it and take care of it. Balance is essential!

Education/Certifications:

Australian College of Natural Therapies Fitness Certificate III and IV
Punch Fit cert
Australian Institute of Kettlebells Certification
Emergency medical responder
NFPA Fire fighter I & II

Approach:

I find my approach effective because it's intense, full body workouts involving strength and cardio. The ALL in one workout with the focus on intensity and an elevated heart rate. Any additional workout is for corrective exercises and mobility. Keeps your body balanced.