

CAT APSWOUDE

QUALIFICATIONS

- Diploma of Fitness

AREAS OF EXPERTISE

- Muscle hypertrophy
- Boxing
- Weight loss
- Strength and conditioning
- Pre and post-natal training
- Special-needs clients

BIO

I have helped hundreds of clients over the last 13 years make positive changes and improve their overall health and fitness using a combination of healthy eating, personalised training and mindset work.

I combine strength and conditioning, boxing, core and functional movements to help create fit and healthy individuals. I have a diploma of fitness and am qualified to train children all the way through to seniors.

If you want to be the best version of yourself and you're willing to work hard to get there, I am the trainer for you!

I believe that everyone can be fit and healthy, all you need are the steps to get there, and that's where I come in. Whether you are looking to develop further as an athlete or just feel stronger and healthier in day to day life I can set personalised and specific goals tailored to your health and wellness outcomes.

It is never too early or too late to make a change!



What made you pursue personal training?

I always loved health and fitness and I realised I could help people change their lives.

Top nutrition tip?

You can't run off a bad diet. A balance between macros is important. You need the right mix of carbohydrates fats and protein for long term sustainable weight loss .

What's a standout client memory?

I have had two clients win challenges for best body composition change.