

JASON WHITER

QUALIFICATIONS

- Cert III (Fitness)
- Cert IV (Fitness)



BIO

I pursued a career as a personal trainer to fulfill a long desire to be able to help people of all abilities make a positive change in their lives through the participation in physical activity and developing healthy habits that will enhance their overall quality of life.

A standout client memory is taking one of my clients rock climbing for the first time as a reward for surpassing his weight loss goal. It was great to not only see him reach the top on his first attempt, but to then see him have the energy to achieve this another two times!

What sports do you play?

- Physically challenged bodybuilding
- Blind tennis
- Para indoor rock climbing

Top workout tip?

Pay attention to what your body is telling you.

Top nutrition tip?

Aim to eat a well-balanced diet that suits your health and fitness goals - don't be afraid to ask for help with nutrition planning.