

JOHN HAY



QUALIFICATIONS

- Certificate III Fitness Trainer
- Certificate IV Personal Trainer
- Diploma of Education and Educational Administration

AREAS OF EXPERTISE

- 14yrs experience as a Personal Trainer
- 10yrs experience teaching *Active Adults*
- 10yrs experience teaching *AAA (Access All Abilities)* classes for persons with disabilities
- 33yrs experience as an educator across 6 state schools

BIO

I design individualised fitness programs for any age - taking into account a persons age, current level of fitness (cardio and strength), injuries, medical conditions (if any), availability and what their fitness goals are.

We will then go through their program with a demonstration, and follow their weekly and monthly progress. Where needed, we review and modify the program, whilst always providing encouragement, respect and great communication.

I have always played competitive sport (football, cricket, squash and golf). Personal fitness, preparation and management of injuries have been my goals.

My interest in training others is largely based on a lifetime of personal experiences.

My philosophy for any person wanting to get fit: *"you are younger than you think!"*.