

TRISH HARPER

QUALIFICATIONS

- Certificate III Fitness Trainer
- Certificate IV Personal Trainer
- Coaching Zone® Fitness Coach

AREAS OF EXPERTISE

- Circuit Training
- Bootcamp
- Small Group Training
- Strength & Conditioning
- Functional Movement

BIO

I am passionate about motivating people of all ages to exercise and keep mentally and physically fit.

I help clients to stay focused and keep them motivated to reach their goals.

My journey started when I trained and placed in the QLD Women's State Figure / Body Sculpting (Under 52kg) competition, in a drug-free association.

I also paddled with the Noosa Outrigger Canoe team, and competed in high-level Sunshine Coast Regattas.

My passion for small group training, and working in the fitness industry has made me focus on the importance of mobility and injury prevention.

I customer exercises to work you hard, but keep you safe.



What's your favourite movie?

Love Actually - I still cry at the opening scene at the arrivals gate at Heathrow airport.

Top workout tip?

Do something you enjoy. Consistency is key. Remember, pain is temporary but quitting is forever!