

FABIAN USAI



QUALIFICATIONS

- Bachelor of Applied Science / Bachelor of Health Science (Osteopathy) - 2023
- Cert IV Fitness - 2018
- Cert III Fitness - 2018

AREAS OF EXPERTISE

- Improving mental health via achieving fitness goals
- Physical strength
- Functional capacity
- Body composition
- Sport performance

BIO

Drawing from my knowledge and experience as an Osteopath and Personal Trainer, I'm able to help each client achieve their goals by sharing my knowledge of human physiology, injury prevention, health and fitness.

Accomplishing my own weight loss goals and the feeling that it gave me was the motivation to pursue a career in personal training. My lifestyle was transformed by the sense of achievement it gave me.

Personal training has provided an opportunity to share my knowledge and personal experience with others.

I want to see other individuals achieve their fitness goals as I know first-hand how living a healthy lifestyle is the key for your physical and mental wellbeing to thrive.

Top workout tip?

Keep yourself accountable.

Top nutrition tip?

The type of exercise to do for the best results is the physical activity you enjoy most. If you enjoy what you're doing, there is a higher chance of sticking to it!