



David

Personal Trainer

Areas of expertise

Cardio Endurance Training

Psychology needed to complete long distance events

Balanced Approach to Health and Fitness

Older Adults

About me

David was a regular gym member for many years when working in a different industry. His work colleagues always asked him for health and fitness advice and commented that he should become a personal trainer. So, when the opportunity arose, he jumped at the chance. He feels it was a no-brainer to be paid to do something he loved.

In 2014, he was honored to be made a 'Bicycle Network' (Australia's largest Cycling membership organisation). David's philosophy is that without health, you have nothing, so it must be part of one's sustainable lifestyle over the longer term. One of David's favourite quotes is 'Appearance is merely a consequence of health and fitness'.



Qualifications

- Certificates III and IV in Fitness
- AusCycling Foundation Instructor and Road Ride Leader
- Bachelor of Economics

Thomastown
Recreation &
Aquatic Centre

