



Christine

Personal Trainer

Areas of expertise

Increased Cardiovascular fitness

About me

Christine lived in New Zealand for over 10 years, where she developed a deep love of fitness and the great outdoors. She participated in many activities including hiking, trekking, skiing and trail running, leading Christine to start in competing in the Queensland marathon and the coast to coast. She also organised trail running events such as the Mt. Oxford Odessey. During this time, she experienced how fitness helped strengthen her body and mind and is very passionate about helping others achieve their goal.

After returning to Australia, Christine decided to change her career path and moved into the fitness field with the aim of helping others improving their quality of life and achieve their goals both physically and mentally.



Qualifications

- Certification III in Fitness
- Certification IV in Personal Training
- Health Coach in Generic Personalised Health

Thomastown
Recreation &
Aquatic Centre

