



NATHAN



PERSONAL TRAINER & SUPPORT WORKER

BACKGROUND

Nathan has worked extensively throughout the fitness industry over last 11 years, working across multiple gyms, running personal training and group fitness classes.

Nathan has been heavily involved with NDIS clients as a trainer which led to the integration of support work into his services. Nathan has now offered these services for the past 5 years.

Nathan merges his training as a personal trainer to provide a service that focuses on not only helping his clients physically but mentally. Nathan includes practices such as mindfulness and outdoor recreation into his training and support work.

GOALS

Nathan aims to enhance the quality of life of participants through the provision of self development and mindfulness techniques in his training and support services. Nathan wishes to provide a holistic approach and to help an individual to reclaim their independence.

QUALIFICATIONS

- Studying Bachelor of Exercise Physiology
- Diploma of Fitness
- Cert 4 in Business Management

CLEARANCES

- Working with Children Check
- NDIS Worker Screening
- Covid Vaccination
- First Aid and CPR

CONTACT



may@heartinhand.com.au



www.heartinhand.com.au

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SUPPORT SERVICES