

Ben

Health Club Co-ordinator
& Personal Trainer



PT philosophy

‘Those who think they have no time for bodily exercise will sooner or later have to find time for illness.’ Edward Stanley

qualifications

- Bachelor of Applied Science - Human Movement
- Certificate IV in Personal Training
- Senior First Aid + CPR

areas of specialisation

- Older Adults and Ageing Population
- Overweight and Obese Clients
- Cardiovascular and Metabolic Disease

Contact Ben at
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