



Naomi

Self care. Such a cliché topic these days. But self care is the thing that will make or break our quality of life Naomi has found. Naomi is a mother of a houseful of kids and this has been something she has learned (sometimes the hard way!) over the last few years.

Naomi is a firm believer of pushing the limits of what your mind and body thinks it can do. She has come to believe that physical activity directly enhances our activities of daily living, as she has a strong passion for pre- and postnatal fitness, corrective exercise (muscle imbalances) and injury management.

Balance is everything. And Naomi would love to show you how to achieve that level of self care so that you can enjoy life to the fullest.

CREDENTIALS:

- CSEP Certified Personal Trainer
- NASM Corrective Exercise Specialist
- NASM Fitness Nutrition Specialist
- Fit4Life Pre and Postnatal Exercise Specialist

EDUCATION:

- Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

- The Meadows Community Recreation Centre
- Mill Woods Community Recreation Centre
- Terwillegar Community Recreation Centre