



# Jamie

Personal Trainer

## Areas of expertise

Improved Body Composition

General fitness and Health

Motivational Techniques

Muscle Gains

Basketball Skills Coach

## About me

Jamie has been interested in fitness from a young age. He has played basketball at a very high standard, along with tennis, football and cricket. Jamie found his love of assisting people with their health and fitness by coaching junior basketball and mentoring children and young adults. His approach is to ensure fitness is fun and not a chore! He feels that fitness should mold around life, not the other way around.

Jamie has chosen this career path because he finds great reward in guiding people to a healthier life and helping them overcome the barriers that have stopped them from achieving their best. He has found that teamwork, accountability and consistency are the key factors in finding the happy, healthy lifestyle we are all chasing. His favourite quote is 'One Day or Day One, you decide!'



## Qualifications

- Certificate 3 and 4 in Fitness

Mill Park  
Leisure



City of  
Whittlesea