

# Personal Trainer

## Karena



### **QUALIFICATIONS:**

Fitness Australia Registration  
Master Trainer  
Cert III & IV Fitness  
Senior First Aid

### **SPECIALTIES:**

Weight Loss  
Cardiovascular training  
Exercise variety

### **MOTIVATIONAL QUOTE:**

“Sometimes when we want to get motivated, we only have to remind ourselves of what we are striving for”

“The pain you feel today will be the strength you feel tomorrow”

### **ACHIEVEMENTS:**

Mother of 2  
Becoming a Personal Trainer