

David Lee



Philosophy on exercise, health & fitness

Psychology meets Physiology, as I combine Mindset Coaching with Physical movement. A healthy body is a healthy mind, and you need a healthy mind to continually decide to have a healthy body. Become mentally fitter as you become physically fitter and remain both for life!

What areas do you specialise in?

Training for longevity and health span. Full Body workouts incorporating Boxing, Strength, Endurance, Balance, and Flexibility, all with a focus on Mind and Body Connection.

Most outstanding achievement with a client:

With my Mind and Body program, I helped my clients achieve a Combined weight loss of 40 kilos in under six months for their Wedding and Honeymoon.

Qualifications

Cert III & IV in Fitness F.I.A
Aust. Kettlebell League Certified Kettlebell Trainer
Advanced Instructor; THUMP BOXING group boxing instructor
Certified Punchfit Instructor
Diploma Life Coaching
Master Accreditation in Neuro Linguistic Programming
Certified in Hypnosis and Matrix Therapies
Qualified Mental Health First Aider
Certificate in Positive Psychology
In-House Personal Trainer for Mens Fitness Magazine

Why should you train with me!?

Training is more than burpees and lunges; it is about physical and emotional empowerment. I want to equip you with valuable tools to help you be your own PT! A healthy body is critical for a healthy mind. In our first session, we'll agree on your goals, and I'll create a program that works with your lifestyle so it's sustainable long-term, seeing you through every life stage.

Motto

Life Rewards Action.
