

Maddie Reed



Philosophy on exercise, health & fitness

As a trainer I take a holistic approach to health and fitness. I want to help as many people as I can to become fitter, stronger and more confident both on the inside and the outside. A whole body approach to fitness, nutrition and lifestyle.

What areas do you specialise in?

Strength & Conditioning
HIIT Training
Fat loss

Greatest achievement with a client

When I first started as a trainer in NZ, I had the privilege of training the crusader juniors (Rugby Team) in their pre-season. There was 1 player in particular who the coaches had their eye on but his fitness was not up to scratch. We only had 4 weeks to get this player ready for the final fitness tests. It was a huge challenge for him mentally and physically. I loved watching the transformation within his mind and body and seeing what can happen when you put in 110%. Safe to say he passed with flying colors and is now on his way to making the big league.

Qualifications

Certificate 3 & 4 in fitness.

Why should you train with me!?

I'm passionate about helping people find what is right and what works for them. Breaking down barriers and finding solutions that fit with your lifestyle. I want to have a positive impact in everyone I work with. My main goal is to help you become the happiest and healthiest version of yourself. Giving you the knowledge and confidence to achieve your goals and find balance with fitness, nutrition and lifestyle.

Motto

The body achieves what the mind believes
