



NIKKI DU PLESSIS

Life, Challenge, Passion, Possibility and Fitness each is a unique quality to the individual. My training style is much like my personality - DIRECT, HONEST, ATTENTATIVE, CARING, APPROACHABLE- it's a no fluff relationship.

I have an amazing Simpsons Trading Card collection, like to wear my hat backwards and pull my socks high. I love the opportunity to empower others, I can connect and adapt on a professional level to help you get results and meet your needs. I think it's time we make our conversation all about you- So how can I help you be the best version of you that you can be?

Quote

"The way you see people is the way you treat them and the way you treat people is what they become"

-Johann Wolfgang Von Goethe

What can you offer?

With personal experience in spectrum living, all Inclusive fitness and wellness opportunities I have gained skills, knowledge and hands on experience to assist clients in:

- General Physical Health, Mental Health and Wellbeing
- Weight loss and basic nutrition
- Disability and Special Needs focused training
- Child Specific Training
- Aged Populations
- Rehabilitation

Providing a personalised, educated, health, fitness and exercise program to create realistic, desirable and attainable goals, I can deliver the knowledge and self-awareness to teach you the right tools and planning needed to maximise your results. By keeping you motivated and accountable through tough times and positively encouraging the impacts of your workout and how it makes you feel, together we can succeed and get results. Sharing your fitness journey is about my commitment to you, tweaking your current workout or starting from the beginning.

Qualifications

- Certificate III and IV Fitness
- Les Mills Body Pump and GRIT Series AIM 1 Certified
- Freestyle SPIN and Group Fitness Certified
- WETS Aqua aerobics instructor Certified
- Functional Training Institute- Movement Preparation and Recovery Certified
- Australian Combat and Exercise Boxing Certified
- Nutrition and Diet for Exercise Professionals Certified
- NDIS Workers Screening Clearance (Yellow and Blue card)

Philosophy

All people should be treated with the same respect and it is okay to live a life others do not understand. Not all persons know the ability they possess until they are challenged and any opportunity to empower someone by educating yourself and sharing what you learn is creating hope for another so don't waste this time.