



JULES STONE

Quote

“Old ways won’t open new doors”

What can you offer?

Feeling positive about your body is important to long term success.

Your ability to make good choices to support your wellbeing depends upon your emotional state and how you feel about yourself.

By combining mindset work with exercise & nutritional advice, we have the perfect recipe to align your actions, thoughts & daily habits to make your goals a reality.

Getting you confident in the gym is empowering. I want you to walk onto the weights floor and know exactly what you are doing and why you are doing it.

Understanding your nutritional needs and how to eat to support your goals is crucial. We need to eliminate the confusion surrounding food choices.

Regular mobility & release will keep your body feeling free, light & reduce injuries.

Educating, supporting, & inspiring women to take control and realise they are in the drivers seat to create the life they want, is what has motivated me for the last 15 years in the Fitness Industry.

Let’s work together to create a strong, confident, energetic & fabulous you.

Qualifications

- Certificate III Group Fitness Instructor
- Certificate IV Personal Trainer
- Pilates Mat Work Instructor (QLD Institute of Pilates)

Specialty Areas

- Weight Training
- Mobility
- Myofascial Trigger & Foam Roller Release
- Womens Health (Peri Menopause & Menopause)
- Mindset & Emotional Wellbeing
- Weight Loss

Philosophy

Align your daily habits & thoughts with your goal and watch your life change.