



MARY-LEE CLEMENTS

Quote

Life is short, surround yourself with positive people and things that make you happy; "Just one small positive thought in the morning can change your whole day" - Dalai Lama

What can you offer?

With a background in microbiology, I approach training with a keen eye for detail and a focus on technical aspects. This ensures that your workouts are not only effective but also safe and efficient. Whether you're a beginner starting your fitness journey or an experienced athlete seeking performance improvement, I will customize the exercises to meet your unique needs and aspirations. My personal achievements, such as completing the 90km Comrades race, participating in triathlons, and 1/2 Ironman events, have reinforced the importance of specific strength and conditioning exercises. These experiences have provided valuable insights into the significance of purposeful training. Over the years, I have successfully guided numerous clients, ranging from introducing individuals to exercise to preparing others for 5km runs and ultra-marathons. Your goals are important to me, and I believe that enjoyable training experiences are key to maintaining motivation and ensuring your long-term success.

Qualifications

- Cert III in Fitness
- Cert IV in Personal Training
- Postural and Movement Assessments for Readiness to Exercise
- Certificate in Nutrition Fundamentals
- Certificate in Holistic Digestive Health
- Level 1 Hockey Coaching
- Level 1 Community Athletics Coach Australia
- Fundamentals of Running and Ball Skills

Philosophy?

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis