

# JACINDA TIBBLE

## PERSONAL TRAINER

Fitness has been a key part of my life in recent years and I am enthusiastic to see it become part of yours. I have firsthand experience of the challenges involved in losing weight and improving fitness which I bring to every PT session with all of my clients.

I believe in making exercise fun & motivating to ensure it becomes part of your lifestyle and helps you stay healthy for life.

## EXPERIENCE & QUALIFICATIONS

Level 3 Fitness Instructor

Level 4 Personal Trainer

Been in the fitness industry since 2017

Lost 50kg myself in recent years

Hobbies & Interests:

Netball, Gym, Boxfit & HIIT, Music, Body Art

## SPECIALISING IN:

- Personal Training
- Weight Loss
- Fitness for Special Populations (elderly, obese, cancer survivors, etc)



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