

# SARAH VECKA

## SPECIALITIES



Helping Beginners  
in the Gym



Personal Pilates  
Training



Resistance  
Training



Women's Health  
and Fitness



Sustainable Long  
Term Fitness



Group Pilates  
Fitness

## QUALIFICATIONS

- ☆ Certificate III in Group Fitness
- ☆ Pilates Matwork Level 2

- ☆ Certificate IV in Personal Training
- ☆ Fitness Pilates- Reformer
- ☆ Mental Health First Aid

## ABOUT ME

I'm a mum of two teenagers so I hold a lot of life experience when it comes to fitting exercise into everyday life.

It is important to me to help others achieve improvements in strength or weight loss through providing a consistent approach to exercise as well as sustainable progress.

Because I am qualified with mental health first aid, this plays into my approach to fitness focusing on individuals building confidence in the gym. This coupled with a focus on good technique and motivation to train, I work to enable individuals to reach their full potential.

Outside of the gym, teaching swimming lessons and lifeguarding at the DFC pool, I love to hang out at the beach, read books and travelling. Ask me about my latest travel plans, I'll be happy to share!