



Damien

Personal Trainer

Areas of expertise

General health and fitness

Sport performance

Traditional strength training
and functional training

Weight training

Weight loss

About me

Damien has a particular interest in functional everyday movements, to assist in injury prevention and management. He is able to adapt and coordinate programs and prescribe a range of exercises to accommodate the needs of all individuals. His approach aims to make training productive and rewarding, as he is very passionate towards helping everyone achieve their health and fitness goals.

Through his own personal experiences, Damien has witnessed first-hand the positive improvements that fitness and healthy lifestyle changes can have on an individual's physical and and mental health. With over 5 years of training experience, and an interest in continually developing his knowledge in the industry, he looks forward to providing his expertise to others.



Qualifications

- Certificate 3 and 4 in Fitness

Mill Park
Leisure



City of
Whittlesea