

SAM ISHIZUKA

QUALIFICATIONS

- Cert III / IV Fitness
- Diploma of Fitness
- ASCA Lvl 1 Strength & Conditioning
- Graduate Certificate in Human Nutrition
- Les Mills Advanced Instructor
(*BODYPUMP*®, *LM CORE*®,
BODYBALANCE®)

AREAS OF EXPERTISE

- Pre / Post-Natal fitness
- Older Adults
- Weight Loss

BIO

I discovered gyms over 30yrs ago when I was a regular participant in group fitness classes.

In 2008 I became a qualified Personal Trainer after having my first baby, and in 2009 started training in Les Mills fitness programs.

I have a particular interest in pre and post-natal training and focusing on training the whole body as a complete unit. I've also worked as a personal training trainer / assessor and thoroughly enjoyed being able to impart my knowledge to the new personal trainers coming through the ranks.

I believe that fitness should be fun, forming a part of a person's everyday life. I am passionate about getting people moving, regardless of age, eating well and experiencing the deep mental, emotional and physical benefits of exercise.

I also have a Masters Degree in Leisure Management and currently have the position of Health Club Manager here at KELC.



What's your favourite movie?

Creed II.

Top workout tip?

Do something you love, as that way it'll be fun and not a chore, and you're more likely to stick to a healthy routine.