



# MADDY VERDE

## SPECIALTIES



ENDURANCE



NUTRITION



STRENGTH &  
CONDITIONING



RESISTANCE  
TRAINING

## ABOUT ME

I've been in the health and fitness industry coming up to 10 years now and have worked and trained in various countries such as the UK, Spain, Portugal and Croatia. In Spain, I worked as a boxing and HIIT coach which helped me grow a lot.

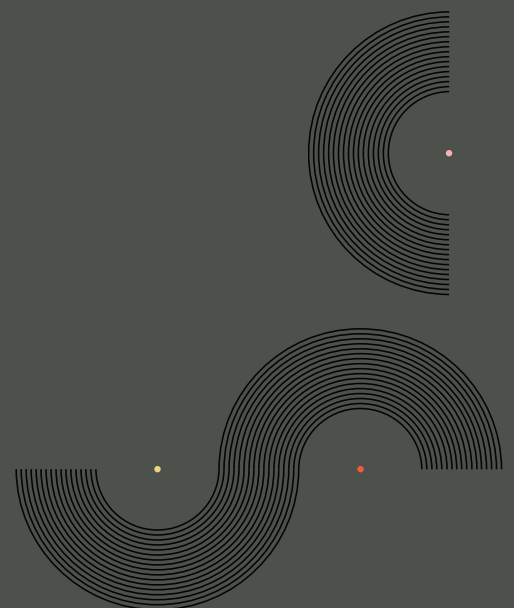
Besides health and fitness, travel has been a really big part of my life. I've been to 50 countries so far and that's definitely helped shape who I am today and have been able to help so many different human beings from all walks of life!

When I'm not in the gym working, I'm doing my other passion which is travelling around to various primary and high schools in Victoria delivering programs with the kids on mental health & emotional wellbeing, and creating safe & vulnerable environments for the students.

Helping others truly is what makes me happy.

## QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training
- Level 1 in Boxing
- Certificate in Nutrition
- Level 1, 2 & 3 of Breathwork Coaching



**YAWA.**  
AQUATIC CENTRE