



KAI DAVIDSON

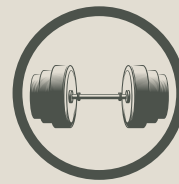
SPECIALTIES



WEIGHT
LOSS



TONE &
SHAPE



RESISTANCE
TRAINING



STRENGTH &
CONDITIONING

ABOUT ME

My fitness journey began in 2022 after I realised how important exercise was to my personal health and wellbeing. I can honestly say this decision has changed my life and increased my confidence in all facets.

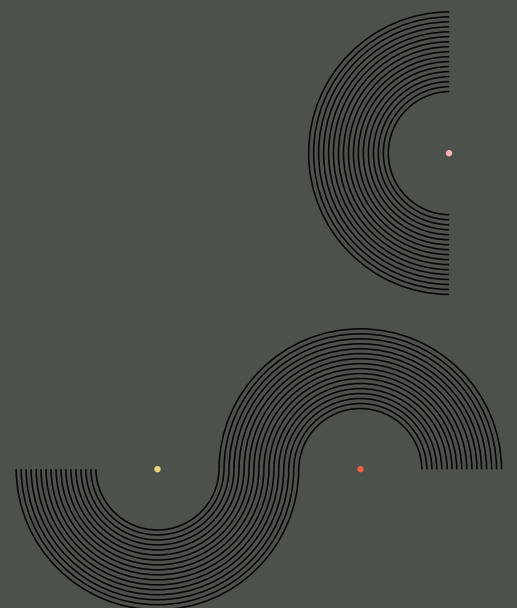
Although I have only been into sport and physical activity for the last few years, I have made great progress towards my goals and would love to inspire others to do the same.

I believe it doesn't take as much effort to be fit and healthy as many people may assume and something is always better than nothing.

With that in mind, my goal is to inspire you to incorporate fitness into your everyday life and help you to gain the confidence that changed mine. I will be dedicated to your goals and using my past experience of what worked and what didn't, you can be rest assured we will take big strides towards your goals.

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- First Aid
- CPR



YAWA.
AQUATIC CENTRE