



## Joy of Fitness

ABN 49 034 795 387

*Joy of Fitness aims to inspire people to improve their lives through training, positive thinking, exercise and movement.*

**Joy of Fitness is a mobile *Fitness Specialist* service operating in the City of Sydney predominately in the Eastern Suburbs and Inner West.**

### About Joy

*I enjoy my very full life living in the City of Sydney.*

*Through personal experience, I know how fabulous you feel when you improve your health and fitness. Some years ago, I experienced a musculoskeletal injury. Along the way I encountered some wonderful Allied Health Professionals that really made a difference to my life. This motivated me to leave my old corporate life behind, change careers and join this new industry.*

*I once had a doctor give me a long list of things I would never be able to do again: I now do them all!*

*I also bring an empathy that can only come from experiencing weight challenges. I have successfully reduced and maintain my own weight loss.*

*I feel very honoured to also do some rehabilitation work in a Sydney hospital, and deliver group fitness sessions for some community organisations.*

*My mission is to inspire others to be the best they can be!*

#### *I believe:*

- *Life is to be lived with gusto!*
- *We can always learn something.*
- *Fitness must be safe.*
- *Good health and mobility are the keys to a great life.*
- *Fitness should be fun.*

### Services

#### **1 on 1 Customised Training**

One on one customised training sessions delivered by a *Fitness Specialist* are the most effective way to reach your health and fitness goals.

- It's convenient
- I come to you
- Privacy assured
- Safe and effective
- Fun and motivational
- Get energised or get relaxed
- Regular fitness testing to benchmark your results

If you have any fitness equipment, we may be able to incorporate it into your program. If you are unsure of how to use it, this is also something that I could assist with.

The typical session is 1 hour. (This allows you to really focus on your health and fitness).

A half hour *power session* is also an option.

#### **Other Training, Fitness and Health Services**

I provide customised solutions to meet your needs. I am also available for motivational and educational speaking engagements. Please call me to discuss your requirements.

#### **Qualifications and Experience**

Joy Mestroni is a *Fitness Specialist* registered with *Fitness Australia*, has achieved a *Diploma of Fitness*, a *Certificate III and IV in Fitness*. Her qualifications were attained at TAFE – Sydney Institute studying full time for eighteen months. She is also a qualified *Personal Trainer*, *Older Adults Trainer*, *Children's Trainer*, *Freestyle Group Exercise* and *Gym Instructor*.

Joy has been personal training since 2009 and over forty years of experience training, managing and coaching in the business sector.

Through a series of life experiences, she has developed a special interest in safe weight loss through lifestyle changes and the prevention and rehabilitation of musculoskeletal injuries.

### Contact

To book a training session or for more information please call **Joy Mestroni** on **0418 123 873**

Email: **joy-of-fitness@hotmail.com** (Emails checked daily)

Website: **www.joyoffitness.com.au** Facebook: **www.facebook.com/JoyofFitness1**

***Laugh, Move, Repeat.***

***Be Fit with Joy!***