

‘THE BODY ACHIEVES
WHAT THE MIND
BELIEVES’



your daily training fix
bodyfix[™]

**MY PASSION IS IN SEEING AND HELPING YOU TO OVERCOME ANY BARRIERS
BETWEEN YOU AND YOUR GOALS, ULTIMATELY REVEALING THE PHYSICALLY &
MENTALLY STRONGER SELF THAT YOU DESERVE**

Bailey-K Haerewa
Personal Trainer

Do you want to become your best and healthiest self both physically & mentally? Do you want to gain confidence while also empowering yourself to become the best that you can be?

Within my personal training I like to look at the holistic side and incorporate it in with your training, which encompasses muscular strength & endurance, cardiovascular fitness, flexibility and nutrition. As I believe that by joining the physical and mental aspects of fitness we together can create the perfect balanced lifestyle for YOU!

I'm an understanding, nurturing motivator who will give you the tools you need to succeed in achieving your own personal goals whilst creating good habits.

You don't have to do this alone! With me It's never too late to create a healthier you!