



'SUCCESS ISN'T
INSTANTANEOUS. YOU'VE
GOT TO WORK FOR IT AND
BE PATIENT BUT MOST OF
ALL NEVER GIVE UP!'

your daily training fix
bodyfix[™]

**EVERY JOURNEY NO MATTER HOW BIG OR SMALL STARTS WITH
THE FIRST STEP. I'M HERE TO TAKE THOSE STEPS WITH YOU!**

Carolynne Bett
Personal Trainer

Are you struggling to balance the demands of your life and prioritise your own well-being?

Are you lacking in confidence in your body's abilities?

My clients feedback that they achieve results, hit their goals as well as feel increased wellness, due to my realistic approach and understanding of the challenges that raising a family and managing a career can bring.

'Without our own wellness we are nothing'

SPECIALTIES:

- Weight Loss
- Muscle Toning
- Lifestyle Topics
- Fertility Fitness
- Empowerment

Don't hesitate, Contact me now.



HEALTH & WELLNESS

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