



Donald Mizzi

Personal Trainer

Qualifications/Achievements

- Accredited Personal Trainer with both Certificates 3 (Gym Instructing) and 4 (Personal Training and Master Certificate)
- Certified Instructor with Australian Institute of Fitness
 - Accredited Boxing Instructor with PunchFit
- Certificate of Senior First Aid and Resuscitation with Re:Viva

Specialties

- Weight loss
- Advice on nutrition in accordance with recommended guidelines
- Strength and Muscle Tone
 - Fitness and Flexibility
- Special Conditions (Diabetes and High Blood Pressure)
 - Training Programs
 - Boot Camps
 - Boxing Classes

A Bit About Myself

I completed my Certificate 3 and Certificate 4 with the Australian Institute of Sport in 2007. I have always been highly motivated and very passionate about health, sports and fitness. Always involved in a number of sports including League, Tennis, Cricket, Soccer, Basketball, Running and Weight Training just to name a few.

I have helped many clients with weight loss and achieving their fitness goals while keeping clients motivated with maintaining their new healthy lifestyles. To me this is not a job. I love what I do and love helping clients achieve what they have set out to achieve.

My Motto: *"If you can't you must"*

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