



ALANA THOMAS

 fitactivcoaching

SPECIALTIES



FLEXIBILITY
& MOBILITY



FUNCTIONAL
TRAINING



WEIGHT
LOSS



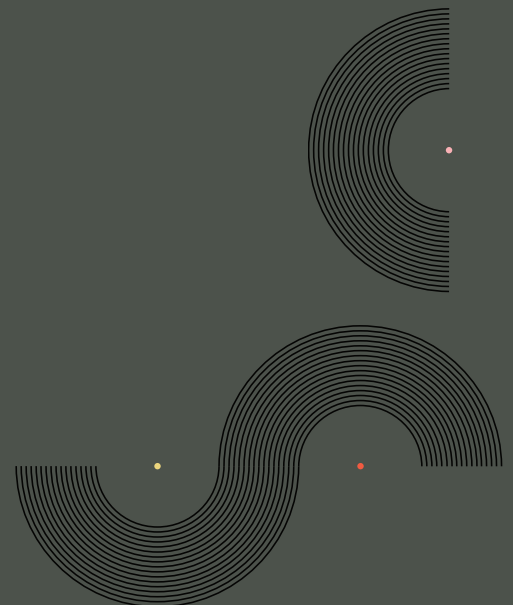
NUTRITION

ABOUT ME

I have 13 years experience in personalised exercise instruction and programming, specialising in functional movement and gentle nutrition. My programs are flexible and highly individualised. I encourage clients to make changes at their own pace, while enjoying the foods they love and overcoming fears and misconceptions about diet. I have a passion for community health and have found my home at Yawa, where there's such a wonderful range of activities and everyone supports each other. Personally, I love running, cycling, boxing, weights and stretching and I'm always working on my coordination!

QUALIFICATIONS

- Bachelor of Food & Nutrition (Registered Associate Nutritionist)
- Graduate Certificate in Public Health
- Certificate III in Fitness
- Certificate IV in Fitness



YAWA.
AQUATIC CENTRE