

# FIGHTING FIT

AUSTRALIA

**Name:** Greg 'Silverfox' Chamberlain      **Position:** PT

**What I love about Fighting Fit:** Working with motivated clients and fellow staff members. This is not a “pretty, show off your body or latest outfit” gym. Both clients and staff are here to work hard and achieve goals. They are my gym family.

## **Sports played:**

**Previous – Rugby Union** – club 'A' grade in both city and country. Represented Australian Army and Australian Combined Services. Represented NSW Country.

**Rugby League** – Club 'A' grade in country.

**Touch Football** - Played at National Championships for over ten years for Australian Defence Force, Brisbane and Queensland Country. Represented Queensland for several years including as captain in 2007 and 2009. Represented Australia in 1998 and 2007.

**Current** – have retired from representative Touch Football (for the last time) but still play at club level.

**Proudest Achievement:** Marrying my special lady Cheryl in 2001.

**Other Employment:** Served in the Army as an Infantryman for 35+ years including operational service in South Vietnam and Somalia. Employed as a Personal Trainer and Group Fitness Instructor at Highfields Fitness Centre Jan 05 to Aug 07.

Currently as well as enjoying work at Fighting Fit I am also employed by my mates at Adventure Professionals leading Kokoda treks.

**Qualifications:** Certificate 4 in Fitness.  
Les Mills Fitness Programs - Instructor in Body Pump and RPM.  
Certificate 1 in Boxing.  
Adventure Leader.

## **Favourite Quotes:**

- You only live once, so live life to the full and make every moment count.
- Never take love for granted, show your loved ones your feelings continually.
- Never take life too seriously, an active sense of humour keeps life in perspective.
- Train hard, fight easy.

**Favourite Exercise:** Push ups

**What do I hope clients get out of training with me:** A good example to follow. I hope they are aware I do not ask them to do anything I do not do myself. As well as a stronger fitter body I hope I also strengthen them mentally to be able to push through pain and adversity and successfully come out the other side. Enjoyment, a sense of achievement and the ability to like who they see in the mirror.

**One sentence that best describes me:** An honest hardworking proud Australian who lives by his standards and beliefs, (this is certainly what I strive to be).

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