

FIGHTING FIT

AUSTRALIA

Name: Teresa 'Tess' Aisthorpe **Position:** PT, Boxing Trainer

What I love about Fighting Fit: The easy going atmosphere and how supportive the trainers and clients are to each other. Not only the staff but the clients also know how to show a great deal of dedication.

Sports played:

Previous – Soccer / Basketball & Softball (represented all for school sport and made it to state level for soccer).

Current – Social Golf and Tennis (also I love a good game of table tennis.....is that a sport??).

Proudest Achievement: Purchasing my first home.

Other Employment: Previously worked as Support for WHK (publicly listed Australian accounting and financial service businesses) in Toowoomba and now employed at Fighting Fit.

Qualifications:

Certificate 1 in Boxing (Amateur).
Certificate 3 and 4 in Fitness.

Thump Level 1 Instructors Boxing Course

Thump Level 2 Advanced Accredited Kickboxing & Boxing Course

Thump Level 3 Advanced Superclass Kickboxing & Boxing



Favourite Quotes:

- What won't kill you will only make you stronger.
- Time gets away faster each day so enjoy it, it won't come back.
- Pleasure in the job puts perfection in the work.

Favourite Exercise: Burpees (any day over push ups).

What do I hope clients get out of training with me? Being a PT to me is more than just physically training the clients. I want to help in every possible way so they achieve their goals, whatever they maybe.....I am looking to improve and help others on a health and fitness basis as well as myself always.

One sentence that best describes me: Determined to achieve my goals by the ability to work hard, to motivate myself and others around me and to never settle for second best.....

Cool, Calm & Collected. Very patient with people, know how to have fun but be professional at the same time.....

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