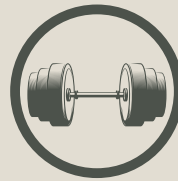


# KATH SAWARD

## SPECIALTIES



RESISTANCE  
TRAINING



REHAB



BALANCE &  
COORDINATION

## ABOUT ME

I have been in the fitness industry since 2008. I have a good understanding of chronic illness as I have experience this myself the last few years.

I love to help people feel comfortable in the gym and it is so rewarding seeing goals achieved.

I have worked the past 7 years with older adults, encouraging them its never too late to make changes!

## QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- Lift for Life
- Exercise for 2