



Amanda Rattay

*Common Sense
Personal Training*

amandarattay.com

amanda@amandarattay.com

+61 408 618 274



Thank you for your talk and lively questions that followed. It was a great success and you've left us encouraged that a healthy lifestyle can be a realistic goal!

- Jan Macdonald
Rotary Club of Reservoir



facebook

[amandarattaypt](https://www.facebook.com/amandarattaypt)



YouTube

bit.ly/2Y0bTca



Instagram

[amandarattaypt](https://www.instagram.com/amandarattaypt)

Topics

How to stay fit & healthy this winter.

As it gets colder it's easy to turn to comfort foods and hibernate. I'll share with you some practical and easy suggestions to help keep you motivated and on track.

How to be fit & healthy when life's busy.

Would you love to feel fitter, healthier and have more energy? This talk is specifically designed for REAL people who are often too busy to make their whole life revolve around meal prepping or working out. It's about feeling fantastic and getting results all whilst enjoying life!

If you're sick of dieting you need to hear this.

Having struggled with my own weight and fitness for years, I tried everything and failed. I'd feel frustrated and guilty, wondering what was wrong with me? Why didn't they work?

Fitness Sessions: Exercise / Stretching

If you'd love to help your team move I run fun onsite group classes. Catering to all fitness levels and I supply all of the equipment. Sessions can cover workplace stretching, or be more active to include boxing, cardio, circuits etc. *Happy to discuss your teams requirements & pricing.*

About Me

I have been a Personal Trainer for the last 12 years and have identified that the fitness industry fails to help those who struggle.

Having worked in mainstream gyms, taking fitness classes, lecturing in Cert 3 & 4 and owning my own boutique gym I've realised that there is a big gap in helping people gain and then maintain a healthy lifestyle long term.

Now I use my wealth of experience to talk about and help clients realise that there isn't a one size fits all approach when it comes to your health. You need to tailor it to your situation, your lifestyle and what you want to do instead of trying to force someone else's perfect way into your life!

It's my mission to cut through all of the crazy and BS to help people realise that they can live a fit and healthy lifestyle - their way!

As seen in:

Herald Sun

AUSTRALIAN FITNESS NETWORK

oxygen AUSTRALIA

Fitness First mag