

# JUANITA NORTON



## Vital Statistics...

**Age:**  
Mid 30s

**Qualifications:**  
Diploma of Personal Training

**Experience:**  
12 years as a PT

**Hobbies & Interests:**  
Reading, movies, gardening, cooking/baking, Cross Fit, weight training, anything outdoors

**Specialising in...**

- Personal Training
- Strength Training
- Weight loss
- Fitness Conditioning
- Anything & Everything



*"I am enthusiastic, motivated and fun. I love to create new challenges for my clients and find new ways to keep them reaching for their goals."*

*"Your body is a reflection of your lifestyle. Working out doesn't have to be a chore - have fun with it! Difficult doesn't mean impossible, it simply means you have to work hard."*

ALPINES  
MITRE 10  
**MEGA**  
KAIAPOI  
FITNESS CENTRE