



# A BETTER LIFE THROUGH AUTHENTIC CONNECTION

## Alex

My name is Alex, I love staying active and being out in nature. I love hiking and living a healthy lifestyle that includes daily exercise/the gym, Muay Thai and Hiking with my puppy. I love the beach and swimming in the ocean but love to shop and go to cafes too. I love learning about other peoples interests and am super open minded so love learning new things/doing new activities.

I am a very empathetic person and love animals. I've been told people find it very easy to talk to me and I make it a priority to be compassionate to others.

I love teaching others about ways to improve their health and well-being through eating healthier (but still enjoying food) and exercising. I have worked in the fashion industry for years so love all things fashion, makeup and shoes but love to play sports too.

## Skills & Experience

- ✔ Certificate 4 in Youth Work
- ✔ Certificate 4 in Personal Training
- ✔ Certificate 3 in Fitness
- ✔ Certificate 3 in Warehousing
- ✔ TCI qualified and trained

## Interest & Hobbies

- ✔ The gym
- ✔ Hiking
- ✔ Muay thai
- ✔ Social Media
- ✔ Travelling
- ✔ Getting Massages/  
Going to the Spa
- ✔ Mario Karts
- ✔ Fashion and  
Clothing
- ✔ Volleyball/Netball  
/Basketball
- ✔ Baking/Cooking  
new meals

**Location**  
Queensland  
Gold Coast North



## Contact us!

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