



EMMA HART



PERSONAL TRAINER

Personal Summary

I am an Aussie mum of three children, two teenagers and one at primary school. I lead a very full life taxiing children to their sports, renovating our farmhouse in Algies Bay, experiencing travel adventure's with my husband and kids, as well finding time to enjoy the company of friends.

Empowering clients to feel strong, capable, and confident at every stage of life is at the heart of what I do. I understand the nature of how our bodies change over time and how important it is to train in a way that supports muscle building and strength, balance and overall wellbeing.

I am a Certified Menopause Coaching Specialist. I have a Master Female Trainer certification, and I have completed my Level 1 and 2 certificates in Training Older Adults. I am now currently studying to become a Certified Nutritionist.

Whether you are looking to build strength and confidence as you age, establish healthy habits, or build a lifestyle you love, I am here to guide you every step of the way. Together we'll create a personalised plan that suits your goals and lifestyle, that meets you where you are today and that will help you move forward with confidence.

Let's get started on your journey to better health and wellness! I am looking forward to working with you.

Contact Details

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Qualifications:

- Certified Fitness Instructor
- Certified Menopause Coaching Specialist.
- Certified Master Female Trainer
- Level 1 and 2 Certification in Training Older Adults

Training specialties

- Muscle and Strength Building
- Personalised Programming
- Balance, Stability and Fall Prevention
- Low Impact/ Joint friendly training
- Bone Health and Osteoporosis Prevention
- Basic Nutrition coaching