



Contact Details

Email:

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Phone:

021 606 796

www.keepfitmatakana.co.nz

Qualifications:

Level 4 Certified Fitness
Instructor

Level 5 Certified Personal
Trainer (in progress)

Science of modern diets

Nutrition foundations

Exercise and pregnancy -

Pre pregnancy and post natal

**KEEP
FIT**
MATAKANA

Dana Huisman

PERSONAL TRAINER

Personal Summary

Hi, I'm Dana.

I've completed my Level 4 Certificate in Personal Training and I'm currently working towards my Level 5 qualification and diploma to further develop my skills and knowledge. I take the Monday morning class here at Keep Fit and also coach at a local gym in Warkworth.

The gym has transformed my life, physically and mentally. Walking into the gym helped me build confidence and discover what I'm passionate about. I've seen how training can change someone's mindset, improve self-belief, and unlock goals they never thought possible. That's what I want to help others experience.

My goal as a trainer is to support and motivate you to become the strongest, healthiest, and most confident version of yourself, whether you're starting out or looking to progress further.

Contact me for a free consultation to get started.

Training specialties

- HIIT
- Strength training
- Small group classes
- Fat loss and toning