

Optimum Function Will Work for You

Our goal is for more people to experience the joy, vitality and increased productivity that good movement, healthy eating and balanced lifestyles can create. We uniquely personalize and tailor the exercise and lifestyle programmes of each individual that works with us.

We work as team bringing our area of expertise, passion and knowledge together to help each of our clients achieve their goals of optimum function. Our system is structured, layered and realistic to enable our clients to not only learn about their physical, mental, emotional and nutritional needs, but make conscious decision for promoting positive changes.

Helping our clients take ownership and accountability of their health and encourage meaningful and long lasting health and wellness success.

Liezl has 15 years experience in the Health & Fitness Industry and strives to improve her clients' quality of life by educating them in all aspects of physical fitness, habit modifications, nutritional awareness and stress management.

Liezl has always been involved in sport, playing competitive tennis since the age of 8.

She carried this passion for movement on by completing her studies Human Movement Studies at the University of the Western Cape in South Africa in 1996 and has been personal training and coaching people as well as constantly improving her knowledge ever since.

She is passionate about exercise, good posture, comfortable movement, nutrition and how it affects your shape, moods and wellbeing.

Liezl has worked with clients from the age of 3 years coaching them in tennis all the way through to 80 years to improve their posture, core and eating habits.

Qualifications

- ✓ BA (Human Movement Studies)
- ✓ CHEK (Holistic Lifestyle Coach Level 2)
- ✓ CHEK Exercise Coach
- ✓ CHEK Scientific Back Training
- ✓ Scientific Core Conditioning
- ✓ Programme Design
- ✓ Touch for Health Kinesiology (Levels 1-5)
- ✓ Certified Metabolic Typing Advisor
- ✓ NLP Diploma with NLP Excellence
- ✓ Scientific Approach to Golf Conditioning
- ✓ Dynamic Medicine Ball Trainer

Andy trains motivates and provides therapy to a wide variety of people, from national level golfers, rugby players and runners to people with postural pain and work related dysfunction helping them to move better, compete harder and live the life they want to.

Andy has over 12 years training experience, having worked his way through the fitness industry from fitness instructor to gym manager and now as a personal trainer and Mentor for the Chek Europe Institute.

He is a keen student of human function and has a wide range of skills and techniques to get the best out of his clients. Andy prides himself on using the most up to date training and rehabilitation techniques to provide the fastest possible results.

A keen golfer himself, he has helped to train, condition and rehabilitate top county and national level pros and budding amateurs alike.

He has studied under top industry professionals such as Paul Chek, Guy Voyer and the London School of Sports Massage.

Qualifications

- ✓ Chek Practitioner Level 2
- ✓ Chek Golf Performance Coach
- ✓ Chek Holistic Lifestyle Coach 2
- ✓ Chek Scientific Back, Core & Program design
- ✓ Eldoa Level 1
- ✓ Level 5 Diploma in Sports Massage Therapy
- ✓ Diploma in Functional Performance
- ✓ Scientific Approach to Golf Conditioning
- ✓ Dynamic Medicine Ball Training
- ✓ Advanced Programme Design
- ✓ Swiss Ball Training
- ✓ Advanced Swiss Ball Training for Rehabilitation