



Alanna Sheard

Personal Trainer Profile

I strive to make everyday living easier by increasing strength and improving mobility. I am confident in restoring proper posture and correcting imbalances to make the body more functional. I acknowledge the link between physical health and wellbeing so my end goal for every client is to have them feeling better with every session.

Qualifications

- Bachelor of Exercise Science
- Graduate Diploma in Nutrition

Specialties

- Posture correction
- Mobility
- Training around injuries
- Efficient, express workouts for overall wellbeing

Hobbies

- Playing tennis
- Surfing
- Theatre
- AFL
- Border collie training