

Michael Eynaud

*Ever since I could walk and run I've been involved in sports and activities. The fitness industry was the only area of interest to me after school and I began working in a gym after finishing college in 2015. I have played football and rugby at underage and played football for the college team (W.I.T) for 2 years. I have a passion for sport and enjoy helping people improve on their fitness and wellbeing. **"If you don't believe you can do it, then you have no chance at all"***

Education:

- Honours degree in Exercise & Health studies
- MSc in Sport Science

Achievements + Professional Development:

- 2009 Bay run (half marathon). Time – 1 hour 47 minutes
- Group fitness instructor
- Step aerobics instructor
- TRX/Spinning instructor
- Certified personal trainer
- Aqua aerobics instructor
- Lifeguard
- Occupational first aider
- FAI kickstart 1 coaching qualification

Favourite Exercise:

Bicep curl