

# JOSH STARKEY

*trainer profile*

## ABOUT JOSH

As a Personal Trainer I pride myself on being able to help people achieve their fitness goals, whatever they may be. My personal achievements include gaining national medals and being selected for the New Zealand team in athletics. With the experience I have from my own training I have the knowledge and experience to get you to your goals.

## EXPERIENCE

If your aims are to lose weight, gain weight, increase fitness, sports performance, or just for general well-being then contact me to see how I can help your goals become a reality.

I have a background in a variety of sports from athletics, rugby, football, boxing and more currently kickboxing. Throughout these sports I have experienced a variety of exercises, so your training sessions with me will always be fun and different while achieving your goals.

In 2011 I will be working with the Hillary Scholars, which will include helping some of New Zealand's elite athletes their performance goals.

## MOTIVATION / PHILOSOPHY

If you train with me, YOU will get RESULTS.

## CERTIFICATIONS

Netfit Fitness Instructor  
Netfit Personal Trainer (TBC)  
Basic Massage  
Sports Massage  
Youth Sport Coach

## CONTACT JOSH

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[getitfitness.co.nz](http://getitfitness.co.nz)