



## Isaac Xavier

### SENIOR PERSONAL COACH | REHABILITATION SPECIALIST

Isaac Xavier is a wellbeing coach and trainer, rehabilitation specialist, martial arts specialist and speed skater. With over 25 years in the wellbeing industry, Isaac has often been recognised as a “trailblazer” in methodology blending many principles into his own, unique yet hugely successful training programs.

He has a strong following and has been a successful international speaker, author and poet sharing his philosophy and principles in training and life. Isaac believes movement is an act of self-care that has benefits beyond the physiology – it creates a positive mindset that permeates your whole life.

*“Your choice to ‘move, eat and think’ well is an affirmation to live well, healthy and strong.”*

### QUALIFICATIONS:

- Bachelor of Applied Science (Physical Education)
- Diploma of NeuroPhysics (Currently completing)
- Rehab Trainer certified
- FMA Strength and Conditioning Level 1
- Effective Movement Training – Personal Training Academy
- Kinetic Link Training
- TRX Group Trainer

OPEN 7 DAYS A WEEK

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