



# MACY WINSHIP

## 0475 415 181

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### QUALIFICATIONS

Cert III in Personal Training Cert IV in Personal Training  
Certified Nutritionist - Woman's Fitness Academy  
Certified First Aid & CPR

### SPECIALISING

Building Confidence in the Gym  
Strength Training for Beginners  
Sustainable Fat Loss  
Body recomposition  
Online Coaching programs  
Nutrition services  
Full body Focused Training  
Mindset & Habit Coaching  
Women's Health & Lifestyle Change



### WHAT I CAN DO FOR YOU

I became a personal trainer because I know first hand what it's like to feel lost and unsure where to start.

I've been there, and now I help others build confidence, create lasting habits, and feel strong, physically and mentally.

I love seeing this shift in people, not just in how they look, but in how they think, move, and carry themselves.

My coaching is realistic, supportive, and focused on sustainable lifestyle changes so you can feel good in your body long term

### MOTIVATIONAL QUOTE

"Your thought's create your reality"

POWERHOUSE GYM POINT COOK

[www.powerhousegym.com/pointcook](http://www.powerhousegym.com/pointcook)

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