PHYSICAL ACTIVITY AUSTRALIA

South Australian named Inspirational Trainer of the Year

Jamestown personal trainer, Peta Caulfield has been awarded Physical Activity Australia's Inspirational Trainer of the Year Award for 2014. The award, which promotes best practice among Australian fitness professionals, is awarded to just one individual from a pool of over 5000 registered fitness professionals.

Peta, who won the monthly Inspirational Trainer Award in November, was a unanimous choice for the annual award.

"Her philosophy and professional outlook is exemplary," Chief Executive Officer, Wendy Gillett said.

"For Peta, it is not just about helping her clients reach their specific fitness goals. She takes pride in the fact that she is in a unique position to help reverse chronic diseases, improve self esteem and emotional health, and in Peta's own words, 'allow people to enjoy life to its fullest and feel better than they have ever felt before'."

In originally nominating Peta for the award, client Lisa Simpson said that Peta was an inspiration to all that come under her care.

"She is highly motivated and enthusiastic in all that she does and this comes across in her training. Since deciding to become a fitness professional, Peta has thrown herself wholeheartedly into pursuing this career and not only becoming accredited but highly skilled in multiple disciplines to provide the best possible guidance to a range of clients."

Peta's determination to continually build upon and improve her skills and knowledge is clearly evidenced by her dedication to her own professional development. In addition to obtaining the necessary certificates in fitness to qualify as a group fitness instructor and personal trainer, she has undertaken specialised training in a range of

courses that allow her to work with people of varying age groups, health and fitness levels and in a variety of settings.

Peta is a strong advocate for the practice of quality over quantity and by this she means that it is important for personal trainers to ensure that clients are aware of the reasons why the quality of their movements is paramount. She also believes that one of the greatest challenges facing the growing fitness industry is the recognition, or lack thereof, by private health providers.

“I believe that if private health companies recognised fitness professionals and allowed clients to claim fitness classes or personal training on their private health benefits, not only would the longer term expense for private health companies be reduced as their customers would be in better health (preventative action) but the fitness industry would also have an influx of new customers which may not have used our services before and Australia as a whole would also be happier and healthier.”

“Personal training can be somewhat of a luxury expense, especially in difficult economic times, but if people had the ability to have some of their cost covered by their private health provider, I truly believe that more Australians would consider employing a personal trainer or take part in group exercise classes” she says.

“It has been such an honour to be awarded Physical Activity Australia’s Inspirational Instructor Award for the year 2014. I still honestly can’t believe it! The calibre of the nominees for 2014 was so high and to be picked from such a talented and accomplished group of individuals really is humbling.”

In winning the annual Inspirational Trainer Award, Peta will receive a certificate, two years complimentary registration with Physical Activity Australia and two nights accommodation at the Watermark Hotel in Glenelg, South Australia.