JESSICA LAI

Training Philosophy

"Every small step counts"

Qualifications

- Certified Personal Trainer **(Active IQ)**
- Certified Gym Instructing **(Active IQ)**
- Corrective Exercise Specialist **(NASM)**
- Integrated Myofascial Therapy level 1 **(Motion Rehab)**

Training Areas

- Strength Training
- Weight Management
- Muscle Building
- Fat loss and Body Toning
- Postural Correction

Personal Interests

Wake Surfing

Reading

Travel