

Alesa Krze - Bio

I'd like to take the time to introduce myself to you. My name is Alesa and I come from Slovenia; a country in the European Union which like Australia has a wonderful outdoor environment with lots of natural beauty and is perfect for outdoor activities and sport. It is growing up in an environment like this which spawned my love of sports and fitness.

From a young age I was involved in sports such as athletics, mountain biking, gymnastics and equestrian. It is this love of being outdoors and enjoying these sports that ultimately led to my interest in the fitness industry. Unlike many of my peers I did not want to just have a purely physical approach to my training. I sought to incorporate a more holistic approach as I feel that the best way to a healthy and balanced lifestyle incorporates many varied facets rather than just physical training. With this in my mind I undertook my qualifications as a trainer but have added a variety of strings to my bow such as a detailed knowledge of diet and nutrition, mind-body connections, stretching and flexibility techniques, breathing and meditation which can all be used to complement and enhance your training and personal wellbeing.

My work in Slovenia saw me have a broad range of clients of all different fitness and goal levels. This included but was not limited to teenagers, professional athletes (skiers, world champion swimmers, footballers), politicians, corporate executives, models, senior citizens and patients undergoing rehabilitation. Working across such a broad base has furthered my need to be as educated and informed as possible on new training techniques and exercises which can bring the greatest benefit in all circumstances. This is something that I feel sets me aside from others.

Some of my career highlights from my time in Slovenia included hosting my own exercise show on national television, writing articles for Sport magazines and helping a client achieve their goal of qualifying and completing the Hawaiian Ironman; one of the toughest triathlons in the world.

On a personal level I love to challenge myself and have competed many times on the international stage in fitness competitions. This culminated with being runner-up in the IBBF world championships. It is this love and desire to constantly challenge myself which saw me move to Australia in 2013.

Since I have been here I have successfully completed the required courses to be a recognized specialist trainer by Fitness Australia. I have built many wonderful friendships with my clients; something I am extremely proud of. When I work with clients either in group or one on one situations I always give my full attention to ensure you get the most from the session and we can work towards your goals together; you are not on your journey alone. I always take the time to go the extra mile for you, this includes proper and correct stretching, advice on diet (I can tailor a plan specifically for you), will never try and overload you - I prefer using your own body weight and where possible working outdoors.

What you get from me is a highly motivated trainer with almost 20 years of experience and qualifications who will work with you to get to where you want to be. I am proud to give my all so that you can get the results you desire no matter how big or small they are.

I look forward to meeting and working with you in the near future and guiding you on your holistic fitness to a new and improved self.