



Leila Sithole

Director & Business Relations
Urban Fitness Solutions



For the last 12 years she has also been a Diversional Therapist in Paediatrics at Royal North Shore Hospital and demonstrates great insight to people and their needs. Her drive to become a personal trainer came from the rise of incidence of obesity in children as well as other health issues such as diabetes.

Over the past 6 years as a personal trainer she has taken great pleasure in making a significant difference to many people's lives. She is very passionate about people living a quality life through feeling good about themselves by being fitter and healthier.

One of Leila's best assets is the ability to take a person way out of their comfort zone achieving things they never thought they could and most importantly believing in themselves.





Qualifications

- . Bachelor Applied Science (Leisure and Health) – University of Sydney
 - . Registered Professional Fitness Australia
 - . Gym Instructor
 - . Personal trainer
 - . Older Adults Trainer
 - . Children’s Trainer
 - . Cert III Australian Institute of Fitness
 - . Cert IV Australian Institute of Fitness
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Experience

- . Six years Personal Trainer
 - . Eight years Martial Arts
 - . Twelve Years Paediatrics
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Specialities

- . Boxing
 - . Outdoor Training
 - . Strength Training
 - . Core Stability and posture
 - . Tai Chi
 - . Pregnancy
 - . Children
 - . Elderly
 - . Rehabilitation
 - . Weight Loss
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“ It’s the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen.”

- Muhammad Ali

