



JESSICA LAI

Training Philosophy

"Every small step counts"

Qualifications

- Certified Personal Trainer (**Active IQ**)
- Certified Gym Instructing (**Active IQ**)
- Corrective Exercise Specialist (**NASM**)

Training Areas

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

Personal Interests

Wake Surfing

Reading

Travel