



Healthy Happens
**WHEN COMMITMENT
COMES WITH A COACH**

MARTIN BOYCE

COACH

Being a sporty and active kid growing up I never realised of how important everyone's health and fitness really was.

As an adult I became overweight, unfit and lacked strength, this was because my daily activity levels dropped & my nutrition was highly inadequate. This did not help ongoing struggles that I had with anxiety and depression, which continued to lower my self worth and confidence as years passed. It wasn't until I started with a health and fitness coach, and worked on building healthier habits into my lifestyle, that I was shown a new lease on life! I lost 20kgs body fat, while becoming strong, fit & more confident, from what I had learnt and continue to learn on my journey.

These events led me to become the kind of coach that guides others to become the best versions of themselves & make healthy happen for them.

Specialties

- 🏋️ Weight Loss / Fat Loss
- 🏋️ Strength & Muscle Gain & Toning
(Body Re-composition)
- 🏋️ Nutrition Coaching
- 🏋️ High Intensity Low Impact Training
(Mobility, Body weight Strength & Cardiovascular Fitness)



Qualifications

- 🏋️ Reps Registered Personal Trainer
- 🏋️ National Certificate in Fitness (Fit Futures)
- 🏋️ First Aid Certificate
- 🏋️ Precision Nutrition Certified Nutrition Coach (PN1)
- 🏋️ ZUU Certified Partner

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**ANYTIME
FITNESS**
RANGIORA