



Amanda Pulford – Director, FitSistas Pole and Fitness Studio™ Pty Ltd.

I am a wife, a mum to a beautiful baby girl and expecting twins due in early 2012.

I first qualified as a fitness instructor in 1990, teaching aerobics, circuit classes and also personal training in a variety of fitness centres throughout Canberra. During this time I saw a lot of change in the fitness industry and today I am currently a member of the regional council for Fitness Australia.

A lot of my experience has come from teaching in women's only health clubs where I was able to meet many women of different ages, shapes and backgrounds, all with similar issues relating to health, fitness and in particular, self esteem. It was during this period that I developed a real interest and understanding in issues relating to women's health and an ability to make sense of the confusion that commonly surrounds these issues.

I totally understand what it takes to get your body back into the condition that makes you happy. After the birth of my first child in 2010 I worked hard to get back into shape and continue teaching (photo on the website - 4 weeks pregnant with twins!)

In 2005, I won the ACT INBA Natural Body Building Championships State Titles, Open Figure Division and placed fifth in the National titles. Although both were very challenging, I learnt first hand how to set a tough physical goal and achieve it, the benefit of which can now be passed on to all who are looking for extra support with their health and fitness goals.

I have also enjoyed a successful career in advertising and marketing that spans over 10 years. I understand the difficulties associated with being a time poor woman - trying to run a family, work, catch up with friends, exercise, not to mention attempting to maintain a correct diet!

Most importantly, I believe much more can be done to help to increase women's self esteem through exercise and I am committed to ensuring you reap the benefits and enjoy PowaPOLE™ Fitness Classes as much as I do.

I'm proud to be the owner of FitSistas, I hope you can come along and enjoy our studio and its facilities soon!

Amanda Pulford