

# DREY MILLER

## QUALIFICATIONS

- Cert IV Personal Training



## BIO

I pursued a career in personal training to fulfill a desire to be able to help people of all abilities and walks of life to improve and / or change their lives through various physical activity and the innate mind-body connection that comes with.

## What sports do you play?

Boxing.

## Top workout tip?

Set yourself a goal, listen to your body, and don't back down.

## Top nutrition tip?

Aim for a well-rounded diet of wholesome foods, listen to your body, and drink plenty of water.