

# Mel Jarred - Group Fitness Instructor

## QUALIFICATIONS

Bodystep initial training  
Bodystep Advanced Instructor Module 1  
Bodystep Advanced Instructor Module 2 (Elite)  
Grit Series (Strength, Cardio, Plyo) initial training  
Metafit Coach  
Certificate in Nutrition specialising in Sports Nutrition  
Certificate III and IV in Personal Training (ongoing)  
Senior First Aid

**How long have you been instructing?** I did my first training module in Bodystep in 2012 and I've been instructing since then.

### Why did you choose to become an instructor?

I'm passionate about helping & educating people to make healthy choices and live an active lifestyle. It's so rewarding helping people transform not just physically but mentally too. The impact that exercise and a healthy lifestyle can have on a person's life is massive.

### Which program/s do you currently teach?

Bodystep, Grit Cardio/Plyo/Strength and Metafit

**Favourite program to participate in?** Ooooh, this is hard I can't pick one! My top 3 would be Bodystep, Grit, & Bodyattack

### What is your favourite track to teach and why?

Athletic circuit from Bodystep of course! I love HIIT training and I love seeing people achieve what they thought was impossible. Pushing their fitness boundaries and seeing that look on their face when they realize "I did it".

### What advice do you have for new comers?

Set yourself achievable goals. If you're just starting out pick one class that you enjoy and that you can commit to every week without fail, just one. That way you can create a new habit and most importantly it's achievable and if it's achievable you will be able to maintain it. It's also good to have a buddy that way you can keep each other accountable plus fitness is always more fun with friends.

If you want to try a class for the first time but you're worried you won't be able to do the whole class, that's completely fine. Why not stay for 4 or 5 tracks or half the class or whatever you feel comfortable with. Then next time you come back you might want to stay for a few more tracks and just keep adding on as you're ready - before you know it you'll be completing a whole class.

**What is your instructor catch phrase?** "What the mind believes the body will follow"

### What is your favourite post workout snack/meal?

Warm, mashed sweet potato with a scoop of protein powder mixed in or an apple with peanut butter on it

### What is in your gym bag right now?

iPod, Beats headphones, deodorant, chewies, Bodystep - 97, Bodystep - 92, Grit Strength - 1, 12, 7, gym towel, 2 x mic belts, fluffballs for the mic and tissues

**If you could have one super power, what would it be?** To be able to fly

