



EMBODY FITNESS

We interview Emma Sidwell, owner of Embody Fitness and find out a little more about her business and what they offer.

Who is Embody Fitness?

Embodiment Fitness is the Gold Coast's most credible Personal Training Studio, specialising in body transformations and creating healthy, happy lives. At Embodiment, we believe the mind and body are our greatest gifts and how we use them determines the quality of one's life. It is our mission to empower people and give them the keys to actualise their full potential physically, mentally and emotionally.

*We make people feel welcome in our small, nurturing environment.

*We offer a holistic approach, educating people about nutrition, exercise and mindset for sustainable results.

*We help people set goals and keep them accountable and motivated to achieve them.

*Our team of caring Body Transformation Specialists each hold internationally recognised qualifications, and we are constantly updating our skills to provide you with the best advice in the industry.

What features do you offer your clients?



We specialise in one on one training, small group fitness (yoga, boxing, boot camp, HIIT, Men's strength and Dance-Fit) and nutritional guidance and support. We also have a Health Store at our studio and run educational workshops for our clients. We are trying to provide our clients with all the tools and resources they need to fulfil their goals in addition to training and exercise.

And what is your story, how did this start?

In 2011 Steve (Emma's Fiancée) and I opened Embody Fitness in our garage at home. We soon outgrew our little garage so when the studio located at the amazing Lakeside Country Club became available we were pretty excited to say the least. This has become our second home and family. Since we began we have helped over 300 people transform their bodies and their lives and have really enjoyed every moment. As it was from the beginning, our goal remains to help improve the quality of life for as many people as we possible can. Our doors will always be open and our smiles big to anyone wanting to learn how to get the best for their health and fitness.



There are many gyms both established and starting out here on the Gold Coast, how are you different and what sets Embody apart?

Firstly we are proud to say, we are not a big gym rather a small community of people inspired to make positive changes towards a healthier, happier world, through educating and empowering people.

We keep the Embody experience personalised and supportive and we care about each of our members individual health and fitness goals.

Exercise is important however achieving a healthy lifestyle is reliant on a person's mindset, followed closely by healthy nutrition and that is what we focus on closely with our Members.

So, how can someone looking to change their lifestyle find you?

Check out our website – embodyfitness.com.au for all the info you need on our One-on-One Personal Training packages, Small Group Personal Training Session times, see our success stories (before & after pics & testimonials) and our programs and prices.

We welcome men and women of all ages. Our youngest client is 15 through to our eldest of 78.

We also have a store supplying all your health needs from supplements and products and our latest addition of Fresh Meals. Even if you are not a Member our store is open to you.

You are running a 10-week challenge at the moment, what does this entail?

The goal is to get people in the best shape of their life, in time for Summer! With this there are a number of fun and challenging fitness events included such as climbing Mt. Warning. There is also educational workshops such as our supermarket tour, to help take the confusion out of healthy eating and teach people how to make the best possible choices for their health and their dollars. We are also looking forward to some healthy cooking demonstrations!

Emma, thank you for your time. We wish you all the best.

