

Gavin Grant

Personal Training Profile

Hi There,

My personal training journey started back in 2006 when I was a member of Step into Life Greensborough. In February my trainer and I had set a goal to run the City2surf in Sydney in August of that year. Along the way there was plenty of little goals such as building consistency within my training by completing all my sessions in my first month. As time went by it became easier and easier to get through the sessions, I even returned back to my football playing weight of 86kg down from 100kg when I joined.

And then came the City2Surf in August.! Not only did I complete my goal.! I ran the whole 14km nonstop including the infamous Heart Break Hill. I recorded a time of 80min but that didn't matter one bit because I got the fitness bug back. The fitness bug I had through all my teenage years right through to my late 20's.

After returning from Sydney I spoke to my trainer about becoming a personal trainer myself and he put me in contact with Step into Life Victoria who nominated me to be the 1st recipient of the Step into Life Group Outdoor Personal Training scholarship at the Australian Institute of Fitness. I completed my Certificate 3 & 4 in personal training and graduated as a Master Trainer.

In 2007 I joined the Step into Life family by becoming head trainer at Step into Life Balwyn. In my 4yrs at Balwyn I was able to create a fantastic community of fit and healthy like-minded members.

Not only did I create a fantastic community of fit and healthy members that were achieving their own personal goals. I too achieved many personal goals during my time at Step into Life Balwyn. I managed to run 3 more City2Surf's, 3 Half Marathon's and the Melbourne Marathon in 2009.

I too know the challenge of achieving personal goals as I have chased a dream of becoming an Ironman since 2010. In 2010 I completed the Shepparton Half Ironman and had been chasing the dream of completing a full Ironman distance ever since. After 5 long years 2 more Half Ironman events and 3 failed attempts to even get to the start line of a full Ironman distance event. I finally was able to achieve my dream by completing the 2015 Busselton Ironman in December.

It just goes to show, it's not how long it takes to achieve your goal it's your persistence and belief in yourself that you can and will achieve your goal.

I am so excited to have the opportunity to create another fantastic community of fit and healthy members within the Mont Albert North area. Come and join me and help me achieve my new goal of creating our very own Step into Life community.

Yours in good health,

Gavin Grant