

## **Nicci van der Walt**

Passionate is the first word that comes to mind when you meet Nicci van der Walt and ask her about fitness and training; as the conversation continues you are won over by her knowledge on the subject.

As an operations manager Nicci focusses on creating member centric experiences that constantly change and evolve. She stays abreast of the latest research and are always planning how this can be integrated and provided to the members at Zone Fitness. Although she confesses that admin is not one of her favourite tasks as she finds that her mind races ahead; she makes up for this in her ability to lead her team and inspire them to be more on all levels.

Regardless of how you look at it she came a long way from her "pink leg-warmers" and first gym membership at 16. She has always been a daredevil and believes in pushing boundaries not only mentally but physical. Her love for people and her trade is seen when she talks about helping people reaching goals.

Her understanding of health and fitness goes way past the aesthetic changes that can be achieved. She loves to see the mental changes that occurs when members work towards achieving their goals. The dedication of a professional athlete working towards their rehabilitation. Staff training and empowerment also lies close to her heart which is clear when you watch her interact with them. She is not only a sponge but loves to share and inspire - always ready to help where she can. As a health and training professional she sees it as a calling ensuring that people not only see the benefit of training but of a complete lifestyle change.

Asking her about her qualifications you are presented with 11 diplomas and certificates all related to health and fitness. Highlights of her career thus far poses no problem as you can well imagine; she however names training with her mentor Rodney Corn whilst completing the courses of the practical component of her L3 and L4 diplomas. She was also selected as one of only 4 assessors in Southern England for NASM Europe. NASM L4 Performance enhancement specialist is then also the highest of her qualification.

Nicci is a living example of what it means to be focussed and disciplined. Her meals are literally planned down to the last nut – living her believe that nutrition is an important component in leading a healthy lifestyle. Her diet consist of a mix of healthy foods with oats and whey forming the base. "She has been eating it for so long, that this is what her body craves when she is hungry."

On a spiritual level Nicci unwinds with painting preferring acrylics. When asked what she regrets thus far she answers philosophically "If I had to say one thing it would be to have loved myself for who I am earlier in life but again even this small thing could have altered my experiences and therefore who I am today."

Nicci highlight the road to find inner peace and happiness as the most incredible journey she experienced. She also finds this knowledge of her inner-world and self is continuously evolving.

She has just taken over the helm at the Cape Quarter Zone Fitness Club after being Operations Manager at the Wynberg branch since the opening two years ago. "Live every moment as if it were your last - always be completely present" being the compass for her journey you can be certain that there will be tons of inspired changes taking place and new courses set continuously.