

Willie Healy , a native of Dublin, has been living in Ennis since 2005. He first began training in gyms in 1988 as a means of improving fitness and performance for his hobbies of Cycling and Martial Arts and eventually decided to make a career of Personal Training. Willie has been working full-time in the Health and Fitness industry since 2001 where he has had many roles including Group Exercise Instructor teaching a wide variety of aerobic classes, Personal Trainer, Neuromuscular Therapist treating soft tissue injuries, Gym Manager and more recently owner of Body and Mind Fitness. He has also qualified as a Master Practitioner of Neuro Linguistic Programming (NLP) which allows him to help clients reach their goals in health and all other aspects of their life through increasing their motivation by teaching them a more efficient way of using their minds. NLP also allows Master Practitioners to use hypnosis as a means of overcoming mental blocks , phobias, anxiety and other stress-related issues. Willie also consults clients on a variety of issues including stress reduction, sleep patterns and nutrition and can be contacted directly by:

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