



**LTYB**

Listen To Your Body

**Brent White**  
**Personal Trainer**

ph. 0430 129 412

email: [brent@listentoyourbody.com.au](mailto:brent@listentoyourbody.com.au)

web: [www.listentoyourbody.com.au](http://www.listentoyourbody.com.au)

passion, commitment, professionalism

[www.ltyb.com.au](http://www.ltyb.com.au)