

Joy McClymont

SPEAKER + MC + COACH

- ★ Cert IV Fitness Trainer
- ★ B.Arts, Grad Dip Education
- ★ Crossfit Level 1 Virtual Trainer
- ★ Female Health & Performance Trainer
- ★ Safe Mum Trainer
- ★ Swim Coach
- ★ Studio Pilates Instructor

SPEAKING TOPICS

- Fitting in fitness with life
- Working remotely
- Juggling family, business and health
- Rural health and wellbeing
- Building a virtual business from home
- Prioritising self-care
- Women's Health & Fitness
- Motivation and a "can do" attitude

FEATURED AT

- Young Beef Producers Forum
- Platinum Primary Producers Conference
- AACO - Australian Agricultural Co
- TVF Pastoral/ Aminya Pastoral Co
- Wincott - Women In Cotton
- Macintyre Ag Alliance
- Topx
- Longreach Regional Council
- Townsville Catholic Education
- ICPA - Isolated Children and Parent's Association
- RCS - Resource Consulting Services
- Graziher Up Late

FIND ME

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🌐 www.offthetracktraining.com

📷 [@offthetracktraining](https://www.instagram.com/offthetracktraining)



ABOUT JOY

Joy McClymont is a grazier, wife, mother and lifestyle fitness trainer with a difference. Joy lives and breathes the value of physical and mental health as a coach and trainer for the past 20 years.

Joy understands the struggle for rural Australians to prioritise themselves amongst the busyness of life. Joy lives her passion to help rural, regional and remote people merge healthy and fit habits with their unique lifestyle and recognise it as the key to feeling confident, strong and energised, mentally and physically.

Joy established Off The Track Training 14 years ago, from her sheep/cattle station, 100km from Longreach, QLD. She is focused on providing fitness, nutrition and mindset programs with supportive communities, to improve their life.

Joy is on a mission to change the perception of health and fitness for people living in rural Australia and boost the importance of prioritising their physical and mental health.

FEATURED IN

