

Winston Hills Body Reset Fitness owner Lisa Price crowned Parramatta's best personal trainer

Gym junkies of Parramatta have spoken and crowned the owner of a women's fitness centre the best personal trainer in the region.

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Lisa Price started Body Reset Fitness in Winston Hills seven years ago.

Gym junkies of Parramatta have spoken and declared Lisa Price, the owner of Body Reset Fitness at Winston Hills, as the best personal trainer in the region.

Mrs Price, who has run the all-women gym since 2016, received an overwhelming number of nominations from loyal clients who lauded her as “life changing”.

The mum-of-two was a legal secretary for 15 years before making the shift to a career in the fitness industry after her eldest son was diagnosed with type one diabetes and cerebral palsy.

The 45-year-old said she worked in various management positions at fitness chains before creating Body Reset Fitness at her home at Winston Hills.

“It feels great being noticed and recognised within my own community, it’s an amazing feeling,” she said.



Lisa Price (far left) has been crowned Parramatta's best personal trainer for 2023.

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“I can see the ripple effects from the clients I’ve trained but I feel like I’m stepping up in the community and making a difference.”

Mrs Price said her decision to focus on training women came down to a mission to create a space for women to feel safe and empowered.

“When I was working in kick-boxing gyms I was consistently trying to make women feel comfortable in those gyms to the point where I’d have to meet them at the top of the stairs because they were too scared to enter,” she said.

“Your main goal is to help these women get better and get stronger so I didn’t want to have an environment affecting their progress.”



Some of Lisa's clients after a training session on a football field.

Now with 65 clients on the books, Mrs Price said the best part of her job was having a space where her clients could “come in and instantly feel at ease”.

“They are being heard and are among like minded people and I’m making them aware of their possibilities to gain strength and education to help navigate them through motherhood and be supported.”

Mrs Price runs several fitness services, including her popular Mums and Bubs, which focuses on education about pelvic floor health, breathing, posture and functional training to “rebuild you from the inside out”.

“Post Covid people are more willing to realise what they need in life which is to exercise and be around people who are supportive and fun,” she said.

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