

A black and white photograph of a woman with long blonde hair tied up, sitting on a concrete ledge. She is looking out over a large body of water, likely a reservoir or lake, with a range of mountains in the background. The scene is serene and natural. The text is overlaid on the image.

# JUSTYNA WENECKA

RECOVERY THROUGH MOVEMENT  
WITH MEDICAL PERSONAL TRAINER



## Justyna Wenecka

exercise professional, examiner, educator

# About Me.

Medical personal trainer, educator, theoretical and practical examiner of personal trainers in Poland and abroad for REPS Polska (branch of ICREPS), member of the myover40 master trainer team, public speaker, trainer, creator of original workshops in the field of business wellness addressed to companies, institutions and organization, podcaster and author of numerous publications in the field of fitness & wellness, ambassador of REPS Polska in Belgium, creator of the original Absolute Body Control training method. The method is a combination of scientifically proven best activities in the best proportions for human health, such as: strength, functional, cardio trainings, body relaxation techniques as Pilates, yoga, stretching, fascial and deep muscles work with elements of nutrition and medical training programs.

My career in the fitness industry was preceded by law studies on Jagiellonian University (master's degree) in Krakow and went hand in hand with daily job as a director of marketing departments, managing communications, campaigns and client relations for top global brands.



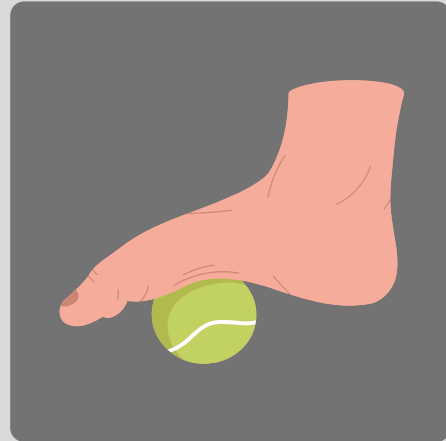
# My Mission.

I aim to positively impact the world by transforming people's perspectives on health and the significance of physical activity. I achieve this by offering personalized solutions and creating informative content accessible globally.

# Selection of Skills.



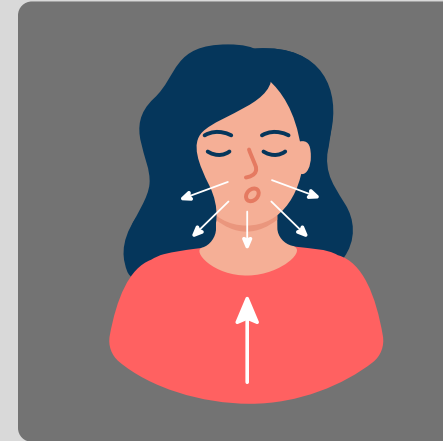
strength training



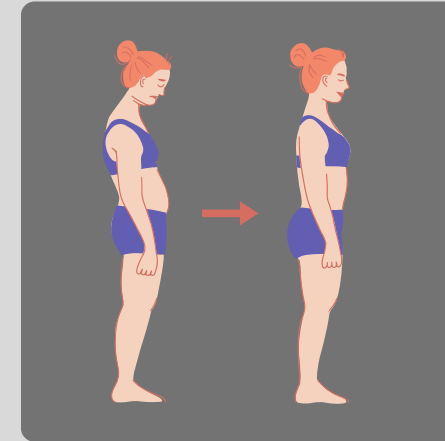
fascial work



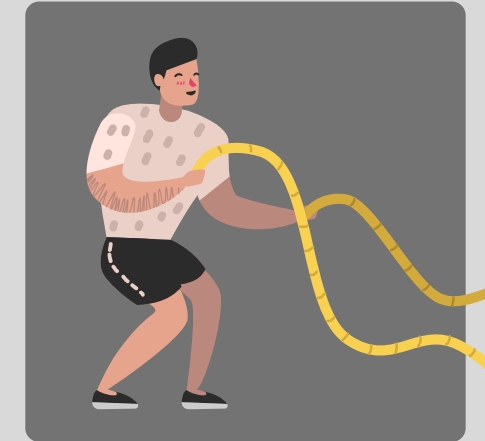
medical training



breathing exercises



posture correction



functional workout



mobility



yoga and pilates



senior workouts



pregnancy prep



cardiovascular workout



stretching

# Experience History.

medical personal trainer,  
personal trainer - EQF 5

Online & Poland | 2017 - Now

1:1 trainings, cooperation with physical therapists and doctors, workshops and trainings for companies from Business Wellness and employee wellbeing

examiner of examiners of PT and  
fitness instructors - EQF 6

REPS Polska | 2021 - now

leading theory and practical exams



# Experience History.

master trainer of myover40,  
personal trainer - EQF 4

Online | 2020 - Now

creator of online workout platform tailored to specific  
customers' needs with focus on physical limits, Pilates and  
fascial work

marketing and sales manager

agency and separate brands | 2011 -2021

from PR through marketing to sales managing,  
communication & marketing departments manager



credentials, list of skills and 3rd party accreditation available here (active link):

<https://repspolska.pl/trener/Justyna-Wenecka/REPS-TR-3290>

# Selection of Completed Courses.

- Train the trainers certification
- Public speaker
- Pilates teacher matwork
- Muscle endurance, how to plan training to achieve maximum results and minimize the risk of injury
- Diagnostics in Training
- Diagnostics of the musculoskeletal system
- Training that eliminates the effects of a sedentary lifestyle
- Mobility 360
- Stretching in practice
- Plyometrics and power generation
- Functional training planning
- Training during pregnancy and after childbirth
- Hardstyle kettlebells
- Shaping energy systems
- Nutrition and supplementation in sports
- Supplementation in strength sports
- Diet for the brain
- Silhouette recomposition
- Health Fitness Instructor
- Certified Personal Trainer
- Certified Gym Instructor
- How to plan strength training for optimal results
- Certified Online Marketing Manager
- ICAN Harvard Business Center Manager Course

# I am proud of.



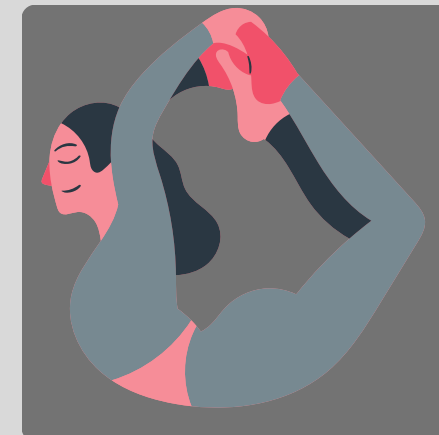
Book with 40 tips of healthy seating for people with sedentary lifestyle



Successful podcasts about sport and healthy lifestyle

for Polish listeners Krótko o ruchu and for English ones: The Good Life Show. Podcasts are available on podcast platforms, such as iTunes, Google or Spotify and my website [wenecka.com](http://wenecka.com)

[>> ENG podcast <<](#)  
[>> PL podcast <<](#)



Completed projects expanding knowledge about safe and healthy activities

selected projects: Move in Movember, Attractive in business, Silhouette for years, Secrets of personal trainers, Excuses stop you, 28 days of energy, Desk activities.



Public speeches

starring as a guest invited to conferences for public speeches about sport, leading webinars and podcast guest in other creators channels



# I am proud of.



Customer choice of Personal Trainer no. 1 in Poland

using customers voting, opinions and interviews, yearly updated rank by leading business website in Poland: oferteo.pl

>>check



Recommendations and all positive feedback from clients and patients

given on online platforms, social media, Google or in person, also recommendations passed to each other

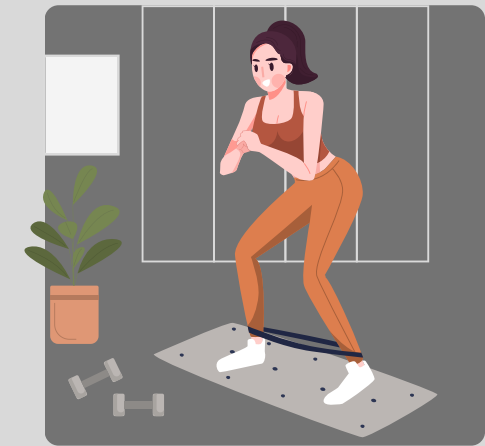
>>check on google

(active link)



Local open-air training group

creating and conducting regular open-air workout group with new weekly challenges



Home workout programs

co-creating online workout platform dedicated for people exercising at homes



# My Recent Project.

Supporting the recovery of patients in Antwerp by addressing individual needs through tailored and holistic body movement therapy.

By using a range of tools, skills and wide experience I would like to support specific groups: local communities requiring specialized care before or after surgery, after injuries, individuals with posture defects, in various health-related conditions, and professional athletes seeking advances, tailored movement solutions. My goal is to reach those hesitant, potentially causing harm to themselves, to take good action . The movement and medical training programs I provide go beyond traditional physical therapy, offering solutions that are needed as an extension of physical therapists work.

# Contact Me.

If you are interested in details and would like to contact me for further cooperation possibilities, below you will find all contact data.

- LinkedIn  
[/in/justyna-wenecka/](#)
- Phone Number  
+48 884 885 339
- Email Address  
[kontakt@wenecka.com](mailto:kontakt@wenecka.com)
- Address  
Antwerp, Eilandje, Belgium



## GET IN TOUCH

For more information check my website: [wenecka.com](http://wenecka.com)

I authorize the processing of personal data present in the CV pursuant to Legislative Decree . Lgs. 101/2018 and of the GDPR (EU Regulation 2016/679).