

National Financial Fitness Pty Ltd Company and Director Profile

National Financial Fitness (NFF) Pty Ltd is an organisation at the forefront of financial literacy training and Larissa Zimmerman is its Director. Having spent more than 10 years as an Army Logistics Officer, in January 2003 Larissa chose to work two days per week while exploring different employment opportunities. She developed a simple Basic Budgeting process to ensure her property and share investment portfolio would not suffer and then found herself helping family and friends through the financial maze. Larissa's tertiary qualifications in Mathematics and Certificate IV in Workplace Assessment and Training helped in this regard.

Larissa then worked for the Australian Federal Police Protective Service as a Family Liaison Officer, again seeing families in financial distress. In 2004 Basic Budgeting, the precursor to NFF, was started to help the Aussie Battler. Its successes include a single mum of two teenage boys buying her first investment property after twelve months of using the process, people giving up smoking and another family saving \$800 with one phone call.

Basic Budgeting was then approached to produce and deliver Financial Goal Setting for Teenagers, a course which has been delivered with much success to High Schools and Youth Groups, combining other life skills such as communication and positive thinking. Basic Budgeting thus became National Financial Fitness and in November 2006 Larissa obtained the Certificate IV in Fitness (Personal Trainer). The Health and Wealth Program was thus developed, focusing on financial literacy while incorporating information and activities for a healthy mind and body. Larissa now has a Diploma in Financial Services in the stream of Consumer Education, possibly being the first person in Australia to study this stream, and all our trainers have appropriate experience and qualifications.

Having been asked to continue training for both adult and youth organisations, we are confident our training style works for all ages and levels of financial literacy. Indeed the strength of the Program lies in its flexible, interactive delivery, ensuring that participants receive maximum benefit by completing activities based on their own situation, and tailored solutions are available.

Our company values are integrity, communication and time.

We see these as being integral to, and indeed we look forward to, providing you with quality training for a healthy Mind, Body and Wallet.

Our clients include Federal and State Government agencies, as well as private and community organisations.

Testimonials can be found on the website www.financialfitness.com.au.



Larissa Zimmerman

BSc (Mathematics)
Dip FS (Consumer Ed)
Cert IV in Fitness (Personal trainer)
Cert IV in Workplace Assessment and Training