



**JEFF Together!**

## **Juls Meintjes** **Jeff Together!**

Juls is the unofficial “mother” of JEFF, after opening up her own home to the world at the beginning of lock down. A fiercely strong wife to Johno and mother to two little girls, Hunter and Halle, Juls connects with the community in her unique and empathetic way. A qualified kettlebell instructor, makeup artist, & many years working in the pharmaceutical industry, Juls aims to share her passion for fitness, health, and a happy balanced life with everyone she meets

### **Areas of Expertise**

- Sports Conditioning
- Weight Management
- Strength Training
- Fitness & Nutrition