

Fitinitiative - Personal Training

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I want you to move better and feel great. I started my career in health and fitness 10 years ago, beginning with an interest in Sports injury and Rehabilitation. Not wanting to box myself in, I decided to study Sports and Exercise Science at university to give myself a well rounded base of knowledge. Wanting to put my expertise to effective use, I decided to complete my Personal Trainers qualification in 2016. From there, I have since become accredited by the American College of Sports Medicine as an Exercise Physiologist and gained my Master's Degree in Sports Management. Apart from my keen interest in health and fitness, I genuinely enjoy helping people. Any lifestyle change can be daunting (breaking years of habits isn't always easy), but I thoroughly enjoy seeing the positive changes that clients go through during their time with me. Walking into a gym for the first time can be a horrible experience, especially when you're not sure where to start! That's why I use a private studio space with my clients, to ensure that they feel comfortable and at ease with their surroundings. If you feel like you're at the bottom of a steep hill, needing a push to get to the top; then you're not the only one. Sometimes you just need that helping hand to motivate, inspire and guide you to where you want to be.

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