

# PERSONAL TRAINER PROFILE

## About Me

I am a fully qualified PT & Gym Instructor. I grew up in a sporting environment from a young age with Football, Basketball and Badminton but mainly through swimming where I competed at a national level until I was 14 years old. Before turning my attention to basketball where I represented the North Lanarkshire Schools. Upon leaving school, I went onto college to complete HNC Fitness, Health & Exercise and HND Applied Sports Science, before moving onto university to achieve a BSC (HONS) degree in Sport & Exercise Science. This created a pathway for me to working with North Lanarkshire Leisure and have been with the trust since 2013.



**CALVIN**

calvin.neilson@nlleisure.com

## Qualifications

- Active IQ Level 3 Personal Trainer
- BSC (Hons) Sport & Exercise Science
- HNC Fitness, Health & Exercise
- HND Applied Sports Science
- REPS Level 2 Gym Instructor
- REPS Level 2 Physical Activity for Children
- GP Exercise Referral Qualified Instructor
- Tops Sport, Club Golf & Sport Scotland Athletics

## What I can do for you

I can create individual programmes to aid in improving sport performance, increase cardio-vascular fitness, improve strength and increase in muscle mass, or to reduce body fat percentage. I can also provide advice and exercises to aid in injury recovery and build up proprioceptive muscles through these activities. Can also create effective circuit style sessions for individuals or groups as well as offer advice & sessions for duration athletes for events like Triathlon, distance running & Tough Mudder events.

[www.nlleisure.co.uk](http://www.nlleisure.co.uk)

## Specialities

- Weight Reduction Training
- Cardiovascular Training
- Sport Performance Improvement
- Core improvement
- Duration events
- Triathlon events



**NL LEISURE**  
PERSONAL TRAINING