

# PERSONAL TRAINER PROFILE

## About Me

From as long as I can remember sport, fitness and health has been part of my life and I now full-fill this as my vocation. I have trained in many disciplines including kickboxing, trail biking, rock climbing and marathon distance running. Throughout all my chosen disciplines I have always complimented my training with weight lifting in the gym. I am now a competitive natural bodybuilder and have incorporated this into my family life. Bodybuilding for me is the key to a fit, healthy and strong mind and body. I also have a keen interest in nutrition and home cooking and enjoy coming up with new ideas and recipes to keep my food intake balanced and healthy for me and my family.



**EVELYN**

## Qualifications

- BSC Sports Science degree
- HND Fitness Health and Exercise
- Level 3 Personal training
- Level 3 Strength and Conditioning
- Group Fitness Instructor
- Fatburn Extreme Instructor
- Spin Instructor
- Nutrition

## What I can do for you

Beginning your fitness journey can be daunting however this is where I can help not only achieve your fitness goals but help with you confidence and self-belief especially in the free weights area. I want to be able to educate, demonstrate and motivate you with a plan that is unique to you whether it be lean muscle tissue gains, body fat reduction, strength and conditioning or increase cardio vascular fitness levels. So let me help you set your fitness goals and achieve them together and watch yourself transform into a fit, healthy and positive mind-set individual.

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

## Specialities

- Lean muscle tissue gains
- Competition Prep coach
- Fat/weight loss
- Sport Specific
- Strength and Conditioning



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PERSONAL TRAINING