

# PERSONAL TRAINER PROFILE

## About Me

I am a fully qualified Personal trainer with 4+ years' experience working within health and fitness. I have a wealth of experience and worked with a variety of clients from professional athletes to novice gym users. I am currently a professional footballer and featured for Annan Athletic, Clyde and Albion Rovers. This sporting background and passion for training inspired me to have a career in Health and Fitness and I have a profound enthusiasm to work on a one to one or small group training basis to help clients achieve their goals and improve quality of life.



**JAMIE**

## Qualifications

- Level 3 Personal Training
- Level 3 Nutrition
- Level 2 Gym instructor
- SVQ Achieving Excellence in Sport (modern Apprenticeship)
- First Aid at Work

## What I can do for you

An essential element for me is ensuring clients self-esteem is where it deserves to be. A Key factor to attaining this is having a great rapport with clients, this encourages motivation and confidence and eventually leads to achieving fitness goals. Clients will be provided with a full fitness test as a starting point to assess how we create a personalised plan to help you succeed. This is a process we do together to ensure you are happy about the structure we are implementing. These tests will be frequently redone to monitor progression. My aim is not just to instruct you throughout this journey it is to educate clients so they can continue this lifestyle. The knowledge a client will collect throughout will enhance their fitness and nutrition understanding and there will plenty laughs along the way as this is a vital component.

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

## Specialities

- Adults returning to fitness
- Confidence building
- Fat loss / toning
- Muscle building
- Circuits



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PERSONAL TRAINING