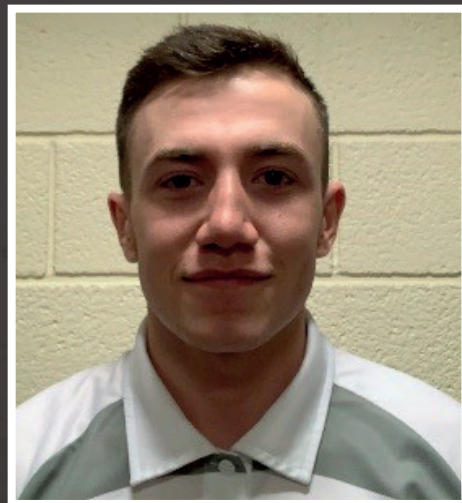


PERSONAL TRAINER PROFILE

About Me

Throughout my life I have always lived a healthy and active lifestyle, starting with being heavily involved in sports when younger and now progressing onto exercising in a gym environment where I have grown into a very knowledgeable personal trainer. My experience of being active in a gym environment began as a hobby where it then developed into a real passion of mine and a big part of my life. Like most people I use the gym to allow a happy and healthy lifestyle to be lived both physically and mentally. This then encouraged me to make the decision of studying Fitness, Health & Exercise at college where my knowledge and experience has developed at a vast rate, while giving me the opportunity to become a qualified personal trainer. This career path allows me to continuously make positive changes in people's lives wither that be giving some extra motivation or making body transformations from a specifically tailored training programme.



NICK

Qualifications

- HND Fitness, Health & Exercise
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 2 Group Exercise Instructor
- First Aid

What I can do for you

Throughout my two years at college I have gained valuable knowledge that allows me to tailor a training programme specifically to your needs/ training goal. Throughout each session you will receive motivation from myself to ensure each session is completed effectively by teaching correct form and technique for each exercise carried out. Also, during our time working together I will provide you with in depth nutritional advice which will only advance your progress in terms of achieving your training goal. In addition, there will always be full support provided by myself regarding any questions or queries in relation to the training we will be carrying out. Finally, I will ensure that each training session that is completed will be something new and exciting which ensures that progression is always being made by yourself and interest remains high when working together.

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Specialities

- Strength & conditioning
- Weight loss
- Transformation
- Sports specific
- Increase muscle mass
- Nutrition
- Circuit



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