



**ANTON**  
PERSONAL TRAINER

## Contact

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## Specialities

- Nutritional advice (Lose/Gain Weight)
- Cardiovascular improvements
- Increase muscular strength / endurance!
- Muscle tone / hypertrophy
- Power development
- Body image & confidence
- Medical conditions

## Qualifications

- HNC/HND in Health, Fitness, and Exercise
- CIMPSA registered level 3 Personal Trainer
- CIMPSA registered level 2 Gym Instructor
- Les Mills Grit Instructor



## About Me

I grew up in Romania and this motivated me to never give up, an approach I bring to my work with clients. From a young age I had a strong interest in fitness & exercise. In 2021 I enrolled to study Health and Fitness and completed my studies in 2023 with a Distinction.

I am knowledgeable about different methods of exercising, and I have the knowledge to support you with your goals. In my spare time I keep myself up to date on the latest research and developments within my field and strive to deepen my knowledge and skills further.

## What I Can Do For You

I use a person-centred approach and strongly believe that no one method fits all!

After getting to know you, my role will be to help you gain a good understanding of fitness, nutrition, and the significant role that these play in your wellbeing. We will work together on helping you shift your mindset regarding the way you look at and perceive yourself.

I strongly believe that if you wish to achieve transformation you are the key to your own success!

If you are ready to make a change and keen to improve your health, get in touch!