

PERSONAL TRAINER PROFILE

About Me

I have a strong passion for health and fitness and have the knowledge and experience to help guide you towards your goals in the most efficient and enjoyable way possible. I've been training in the gym for a while in various styles from bodybuilding, yoga, strength and functional movements. In keeping with my philosophy of continuous learning, improvement and keeping it fun!



ADAM

Qualifications

- Personal Trainer Level 3
- Gym Instructor Level 2
- Kettlebells Level 2
- Circuit Instructor

What I can do for you

I can help you learn how to take control of your diet and make positive, healthy changes to your lifestyle without using any crash diets and restricted diet plans. I use a flexible dieting approach with my clients, coaching them how to track their nutritional intake and make healthy food choices that will support their goals and improve their quality of life. If you want results then you only need to put your trust and effort into my work, and then success will follow.

Specialities

- Body fat reduction
- Muscle tone and development
- Functional movement
- Body confidence
- Nutritional guidance

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