



CAMMY

PERSONAL TRAINER

About Me

I have worked within North Lanarkshire Council for over 7 years where I work as a personal trainer and previously a sports coach along with being involved in the health and fitness environment for 9+ years. With experience in coaching and training a variety of clients from novice to expert, from young to older adults in which I have really enjoyed. Over the last year I have qualified with Honours in Sports and Exercise Science along with having played football professional and most recently semi pro.

What I Can Do For You

Within the gym we will plan, accomplish, and exceed your health and fitness goals and ensure that it is enjoyable along the way. I aim to drive you to break down any barriers you may have within the gym, in turn building or improving your confidence within the gym environment.

I thoroughly enjoy creating individualized training programmes specifically tailored to a person's goals whether that is increasing cardiovascular fitness, building muscle, decreasing fat, or improving performance in sport. I want to encourage you to develop or improve good habits, enjoy exercise, and become self-sufficient with your own training.

Contact

Instagram: [cmcc_fitness](#)

Email: cammymclairfitness@gmail.com

Book online at:

nlleisure.co.uk/personal-training

Or speak to someone at the venue reception

Specialities

- Injury Prevention
- Improving Sporting Performance
- Power Development
- Muscle Building
- Core Improvement
- Weight Loss

Qualifications

- BSc (Honours) Sport and Exercise Science with Injury Prevention
- REPS Level 3 Personal Trainer
- REPS Level 2 Gym Instructor
- HND Fitness, Health and Exercise
- Indoor Cycling
- SVQ Level 8 Sports Conditioning
- First Aider

