

PERSONAL TRAINER PROFILE

Connie Brown

How do you book me?

1. Call / Text: **0785 015 6582**
2. Email: **ConnieBrown4@icloud.com**
3. Ask at reception for my details.



About me

Talk to Me to Help You:

Fall in Love with Exercise & Enjoy Using the Gym.

Build Muscle & Lose Fat.

Feel Motivated, Energised And inspired about Fitness.

Increase Your Vitality.

Reduce Stress.

Set Goals & Keep to Them.

Be Your Best Self.

Academic

Qualifications:

- BSc Psychology (Hons)
- Accredited Coach: International Coaching Federation (ICF)
- Learning & Development Specialist
- Management and Leadership Trainer
- Teambuilding
- Public Speaker

Hello, I'm Connie. I am a qualified and experienced fitness instructor. I am also a Qualified Life Coach and I have a degree in Psychology. My background is in management and leadership training.

I am passionate about fitness. I want to help and support you to feel great and look great, increase your energy and vitality. I will help you stay motivated and committed so that you can make fitness an enjoyable part of your life.

If you would like me to work with you:

- I will create a personalised plan for you that you can keep to. Set goals, measure your progress – help you stay focused, committed, and confident.
- I will help you overcome internal resistance so you can create a strong mindset about being your best self.
- Help you with specific motivational strategies, suited to you.
- Increase your vitality, energy, and zest for life in general.
- Improve your cardiovascular fitness, your core

My specialties are:

- Strength, endurance, and general vitality.
- Body Conditioning / Toning
- Core Strength and Stability
- Low Impact Aerobics – to improve your cardiovascular fitness, lose fat and protect your joints.
- Lean Muscle Building. Strong Core and Strong Upper Body
- Getting the most from the gym equipment
- Keeping your fitness programme fresh, varied, and engaging.
- I love running outdoors, I want to inspire you to run – if you would like to.

MORE PT

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do
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