

Lewis

The busy and frantic lifestyle that many of us find ourselves in these days can often cause our health to fall by the wayside. I want to help increase awareness of how important it is to look after our bodies and how it doesn't have to interfere with our work and family. My goal is to equip you with the knowledge you need so that you can take charge of your exercise habits, benefiting from it over your lifetime.

I motivate my clients by really focusing on WHY we train the way we do. Identifying our driving force keeps us accountable and motivates us to keep striving towards our goal.

I take a well-rounded and holistic approach to exercise prescription for my clients ensuring we address all key areas and modalities. Whether your goal is weight loss, strength gain or to simply move and feel better, I would love to help you along the way.

Specialisations

- Strength & Conditioning
- Weight Loss
- Muscle Gain



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre