

Steph

I understand how hard it is to stay motivated and consistent, especially when trying to get back into training after a long time off. My aim is to help those people get their drive back, stay motivated and hold them accountable.

Using a wide range of functional exercises we can increase joint mobility, alleviate pain or discomfort and counteract muscle imbalances to avoid injury. Your range of movement and in most cases your mental health will improve over time with tailored programs that I design that will meet your needs and help you reach your goals.

The gym can be a really intimidating place for a lot of people but with my knowledge, care and understanding I can help you get started, learn how to take care of your physical and mental health through exercise and smash out your fitness goals however small or large!

Specialisations:

- Functional/HIIT Training
- Weight Loss
- Strength Training



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre