



A Personal Touch

After many years of competing and training Alex Robinson decided that she could pass her enthusiasm and knowledge on to others. Alex aims to educate clients into making some life style changes and bring exercise into their lives. If exercise is fun and enjoyable and goals are set and achieved, you are more likely to implement these into every day life.

Alex never imagined that the buzz she got from training would be out done by the buzz she gets from seeing clients achieve their goal - whether that's to walk one mile or run ten miles.



Alex started studying to become a personal trainer whilst being pregnant. After completing five different courses all with top marks, she received her personal trainer certificate. Alex is currently studying again to become a master personal trainer. Alex comments "Continued education is so important to make sure you pass on the best information to your clients"

I wanted to get fit for my Tuscan wedding day and only had three months to do it! Alex was brilliant and developed a programme to help me achieve that goal. On the day I had no lumps and bumps and had managed to lose weight and inches. I enjoyed it so much I continue to train with Alex twice a week and can now get back into a size 10 jeans! Whatever your fitness goal is Alex can help you achieve it.

Alex's business is unique as she can offer her clients use of her fully equipped gym which is situated adjacent to her home. She will also visit clients in their own homes.

Alex's client base ranges from all different ages and ability, each one has a goal which they want to achieve, whether that's to look stunning in their wedding dress, lose weight or at the moment a client is training to compete in the national indoor rowing championships, each client knows she is with them 100% of the way.



WHAT I CAN DO FOR YOU

I can create a fitness schedule to achieve your realistic goals. From running a marathon to simply losing weight and toning your body. The tailor made training program will be designed to fit around your working and personal life. The program will be interactive from both parties to ensure your full potential is achieved, but with the emphasis on enjoyment and fun. I will perform regular assessments with visible feed back to ensure we are on track to meet your goals.

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"Are you Getting Married?"
I will help you to achieve your weight loss goals.



Alex Robinson
Personal Trainer Level 3
Nutrition Level 3
Boxercise Personal Trainer
Lifestyle & Fitness Level 3

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