

# Alex Robinson Personal Trainer

**Alex Robinson (pictured) is fast becoming well-known in the local area for her skills as a personal trainer ... here's what one of her clients has to say:**

Like many women, I have been dieting most of my life without much success. From counting points and sins, I was becoming obsessed with food and becoming depressed if I only lost half a pound in a week or gained when I had had a 'good' week. I am also one of the many who, in the past, has signed up for the gym, determined that 'this time I'll go 3 times a week forever!', only to go for a few weeks, get disillusioned and pay a subscription for something I'm not using until I can cancel it 12 months later!

I decided to try a personal trainer. I checked the NRPT for registered trainers and found Alex. The first time I went, she was very friendly and encouraging. She was so positive; I knew she would be able to help me.

I have been going to her for just a year now and I have lost over 6 inches off my waist and lost 27 pounds so far. I haven't given up yet either. I can't imagine not going to Alex now. My fitness

level has become more important to me than weight. This is thanks to Alex.

To give you an idea of my fitness level now, I started only being able to do 35 crunches. At the last assessment, I was doing 110. The training sessions are never boring. Alex always does something different every session to keep it interesting. She assesses you every 4 weeks to check your fitness level and measurements. If you want, she'll weigh you every week. Alex works around you and what you want. She also helps you with nutritional advice.

Being someone who has tried the gym numerous times, I am so happy to have found Alex so I don't have to go to those horrid places anymore.

I would recommend Alex as she is a wonderful trainer and such an energetic and warm hearted person. She can really help you.

**Z Davies, Ashbourne**



## 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.

**T. 01773 512 410  
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"Do you want to lose weight or maybe feel the need to get into shape in time for Christmas? Join me now to really make a difference - I will help you to achieve your fitness or weight loss goals and give your confidence a boost in time for those seasonal parties."

**Packages Available to Buy - a Gift with Fantastic Benefits**



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