

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:

I have been training with Alex for a year now and, despite constant cheating (chocolate, cakes, pies, chips) I average a 3lb weight loss each month and, more importantly, lose inches. Even more importantly I enjoy my time with Alex. I needed to be healthier after being diagnosed with diabetes. Alex took this into consideration and also a physical disability I have. I feel safe training with Alex. Although she expects to get positive results Alex ensures I am comfortable with the training. I have also benefitted from a personal diet plan which helps me lose weight (when I stick to it).

I have joined gyms, slimming clubs and bought exercise DVD's in the past but have never been committed for more than a few weeks. Alex's

commitment to me has been a positive influence and has given me a motivation I did not have before. Before I began training I was lethargic and had no energy. Now I feel different because I have more energy generally and an improved stamina for training and in my day to day life. Sometimes I arrive for training feeling wound up about something that has happened during the day. When I leave I feel mellow. For me the training is very valuable in many ways not just to be healthier (which I am) but I have gained in confidence and have a laugh. Also it has been a confidence boost when colleagues and friends have commented on my weight loss.

Thank you Alex

Paula Hogan



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