

# PERSONAL TRAINER PROFILE

## About Me

I have always been active and healthy from a young age and showed a great interest in health and fitness through both sport and attending the gym. I have been a dancer from as young as 3 years old until present, which has influenced my passion for fitness. I am a fully qualified personal trainer and gym instructor, and have been for over a year now. I believe leading a healthy lifestyle is an important part of life, both physically and mentally, and I enjoy encouraging and helping others to achieve all aspects of this. I am an outgoing, friendly and confident individual, who will make exercise fun whilst driving you to achieve your fitness goals.



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## Qualifications

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- First Aid

## What I can do for you

I offer one to one, partner or group personal training. Prior to your fitness journey I will have a one to one consultation with you to learn about you and your lifestyle, to create realistic achievable goals. I will design a fitness programme tailored specifically to you and provide nutritional guidance and advice to help you throughout your journey. I work hard to give you both enjoyable and challenging sessions within Personal Training but also as your coach, I will work with you out-with your sessions, giving you any additional support and advice necessary. I specialise in both weight loss/gain and can improve your skills in different areas of the gym. I aim to achieve not only physical results for yourself but also a lifestyle change which allows you to enjoy all aspects of life in moderation. As one from experience I will help build your confidence within the gym and certain areas of exercise, allowing you to feel comfortable on your own fitness journey. I can help make you the best version of yourself today.

## Specialities

- Weight loss/gain
- Toning
- Weight based exercise
- Improved Muscle Mass
- Circuit Training
- One to one, partner or group personal training
- Personalised Programmes
- Nutritional guidance and advice

## Contact

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