

## PERSONAL TRAINER PROFILE

# Steve

### How do you book me?

Call: **07745739224**

Email: **Stevegreen27@ymail.com**  
or ask at reception for my details.



**Weight management | General fitness | Race event training**

### My Qualifications

Gym instructor  
Level 2  
Personal Trainer  
Level 3

#### **Group exercise instructor:**

**Les Mills**  
BodyPump  
BodyCombat  
BodyBalance

HYROX training  
instructor

### About me

Hey, I'm Steve. If you've been thinking about getting back into fitness - or starting for the first time - but aren't sure where to begin, you're not alone.

I help people like you build strength, boost energy, and feel better in their bodies without stress or confusion. We'll focus on building strength, improving your core, boosting your energy, and helping you feel more confident in your body. If you've got a specific goal - like losing weight, training for a race, or just feeling better day to day - we'll make a clear plan to get there. Outside work, I stay active with running, cycling, and golf - things that keep me grounded and remind me that movement should feel enjoyable, not like a chore.

But this isn't about what I do - it's about you.

Your journey, your goals, and how great it's going to feel when you start seeing progress and feeling more like yourself again. You don't need to have it all figured out.

You just need to start - and I'll be with you every step of the way.

I'm regulated by:

The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number 35366

let's do  
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