

# Personal Training @ Flitwick



## Lee Horton Personal Trainer

**Joined SLL:** 31/08/2005  
**Mobile:** 07786 527805



### Personal Statement

I have been personal training at Flitwick for over 2 years, which I work round my hours as a fitness consultant. Whilst at university I wanted to improve my fitness for rock climbing and mountain bike so I got myself a personal trainer. I later decided to pursue this career, which was the best choice I have made.

### Personal Interests & Specialized Areas

- o Weight loss
- o Pre and post natal training
- o Stability ball training
- o Free weights
- o Cardio interval training
- o GP Referral/Special Population

### Client Testimonial

Although I have used the gym for over 10 years, I have always struggled to maintain a healthy weight. I decided to use a personal trainer as a way to increase my motivation, learn new exercises and ultimately lose that extra weight I was carrying.

The first 1 to 1 session was time for us to talk and Lee was really good at focusing my intentions and narrowing my goals to something that would be achievable. We set specific targets and a time scale to achieve them. I was also weighed and measured so I would know where I started.

My first program was great. Lee took time to show me each individual exercise and then watched my technique as I repeated the exercise. He made sure I was happy with each before we moved on.

Each new program built on the previous one and included specific activities for problem areas. I could feel my fitness levels improving and I was more motivated. I began to see results which again made me feel motivated and pleased with what I was doing.

Overall I achieved all my goals, I lost weight, lost inches, increased motivation and learnt lots of new and interesting exercises to tone and strengthen my body and increase my fitness. I am really pleased with how well I feel and look.

I would thoroughly recommend personal training, whatever your fitness levels and goals. I have changed the way I exercise, with fantastic positive effects. It was worth every penny.

Sarah

### Qualifications & Experience

- o Level 2 Gym Instructor
- o Level 3 Personal Trainer
- o Level 3 Anti and Post-natal
- o Level 3 Older Adults
- o Level 3 GP Referral
- o Sports Massage Diploma
- o Level 2 Circuit Training
- o Counter Weight Training

