



“You can’t control how other people see you, or think about you and you have to be comfortable with that”

your daily training fix
bodyfix[™]

“STRIVE TO BE BETTER THAN YOU EVER THOUGHT YOU COULD BE AND SURROUND YOURSELF WITH PEOPLE THAT REFLECT WHO YOU WANT TO BE AND HOW YOU WANT TO FEEL. LIVE THE BEST LIFE YOU CAN.”

Lynne Allen
Personal Trainer

What do I believe in?

- Self-acceptance
- Self-awareness
- Self-improvement

Don't try and be someone you're not, be the best version of you. That's what I'm here for, my job is to make you a better version of you, that's it plain and simple. Whether it is a stronger version of you, a leaner version of you, a happier, more content, more energetic, more kick ass version of you (the list goes on) whatever goal you have it is my job to get you towards it (and we will have fun doing it). Have you figured out yet that it really is all about YOU?

How will we do it you ask?

- Goal setting and deadlines
- Changing from the same old/same old and trying something new
- Working hard (you know you have to)
- Making training fit around your life and commitments
- Encouragement, accountability and a heck of a lot of fun

Want to know about me?

- BSc Sports Science (Honors)
- 12 years in the fitness industry
- Group exercise/Spin instructor
- Married to a crazy cyclist and mum to 2 crazy wee ones
- Likes a glass of Sav (life is about balance right?)

So if this all sounds like something you want in your life then don't hesitate to give me a call/fire me through a text, heck you can even email me and we can have a natter and figure out how to make you you, just better.

