

# MEET OUR TRAINERS...

## JUSTIN

### Qualifications

- BSc Sport and Exercise Science
- Clinical and matt based Pilates
  - Thai Yoga Massage
  - Olympic weight lifting
- Physiotherapy workshops and seminars
- Successful self-rehabilitation following major spinal surgery

During the last 8 years Justin has worked with some of the UK's leading specialists in healthcare, nutrition and high-performance sport. In this time the programs designed and implemented by Justin have helped over 150 clients achieve their life goals - from rehabilitation to peak physical fitness and everything else in-between.

He recognises due to lifestyle constraints, many people are not as healthy as they would like to be. Juggling a family, a career and a social life leave no room for them to be healthy

Justin believes that total wellbeing is more than just a session at the gym or a stint on Atkins? He takes a holistic view, reviews all of the crucial elements and ensures complete body health. He does this by comprehensively assessing your static and dynamic posture, nutritional intake and all other lifestyle factors that are stopping you from enjoying a more healthy productive life.

His bespoke packages are tailored towards intelligent, time poor individuals who want to improve their health but simply do not seem to be able to find the time. His flexible packages are specifically tailored to meet the needs and requirements of the individual

Start enjoying a healthy lifestyle, through a highly coordinated fitness approach.

**Book a free consultation today on 0774 8187220**

## MARKET SPORTS

health & fitness health & fitness health & fitness

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