

MEET OUR TRAINERS...

EWA PATOKA



PT QUALIFICATIONS

- REPS LEVEL 3
QUALIFIED PERSONAL TRAINER
- POWERPLATE LEVEL 1
HEALTH & FITNESS
- EXERCISE & PREGNANCY
LEVEL 3 (PRE & POST NATAL)
- NUTRITION QUALIFICATION

I Can Help With....

- Weight loss • Nutritional and supplement advice • Tone & body sculpture
- Improving strength, flexibility and endurance • Improving general health and fitness
- Fitness assessment, programming and education for healthier life style

You have never been able to stick to a routine?

You have been trying a new diet every few months and always end up back at the same weight?

You are tired of doing the same old workout and getting nowhere?

Why not contact me? Working with a qualified, certified and well trained personal trainer can help you achieve fitness success you never thought possible! Let me help you achieve those goals!

Benefits of training with me:

- look better-lose weight, reduce body fat and improve muscle tone
- feel better-improved self-image, self-esteem and sense of well being
- perform better-life with more energy, less stress and increased vitality

My achievements are:

- NABBA Miss Britain 2009 Toned Figure 2nd
- NABBA SE Britain 2009 Toned Figure 1st
- NABBA Miss Britain 2008 Toned Figure 4th
- NABBA SE Britain 2008 Toned Figure 2nd