

obesity statistics

Sometimes it's not easy as it sounds like and **PROFESSIONAL HELP** would make all so much easier and more achievable. My mission is to empower yourself with a practical lifestyle approach where well being is the heart of the life with **GOOD HABITS**. Working as personal trainer in **1** **authouser** at **the Gym group** I am helping my clients to achieve the best they can be.

What I offer is a 12 weeks workout plan with 24 personal training sessions at 2 different pricing: £600 for a peak time training (from 4pm, **£25 per session**) and £500 on off peak time (before 4pm, **£21 per session**). This includes food diary review and feedback, testing and measurements. Flexible payments option available.

**FIRST SESSION IS FREE!!!**

**max fitness**




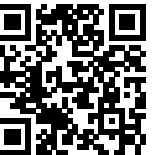
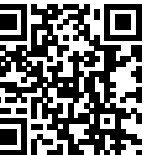




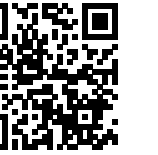
**QUALIFICATIONS:**

- >LEVEL 2 GYM INSTRUCTOR
- >LEVEL 3 CERTIFICATE IN PERSONAL TRAINING
- >LEVEL 3 DIPLOMA IN PERSONAL TRAINING
- >GROUP INDOOR CYCLING
- >CIRCUIT INSTRUCTION
- >LEVEL 3 AWARD IN SPORT COORDINING
- >LEVEL 3 AWARD IN OUTDOOR FITNESS
- >LEVEL 3 DIPLOMA IN EXERCISE REFORM
- >LEVEL 4 OBESITY AND DIABETES (ON GOING)
- >LEVEL 5 LIFE COACH (ON GOING)
- >FIRST AID

Location **West Midlands, Staffordshire**  
https://www.freeadsz.co.uk/x-392653-z



Obesity is a major public health threat and it is important to understand both how it affects people and how it can be avoided in order to get people back on track and living healthier lifestyles. Let's take a closer look at obesity and its causes in order to better understand why it is so dangerous. Know more <http://boltnewspaper.com/diet-food-barrier-to/>

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