

TODAY- Personak Training



Location **South East, West Sussex**
<https://www.freeadsz.co.uk/x-491340-z>

Start your journey today with TODAY-Personal Training

TODAY-Personal Training is based in the centre of Brighton.
1:2:1 sessions, 12 week transformation program, whatever your goals, get in contact with TODAY to put them in motion.

Personal training is about you the client, and helping you to achieve the goals that you set yourself. I will work with you throughout, designing fitness programs, motivating, and giving you support throughout your journey.

TODAY-Personal Training Prices
£30 per 1hr session
£250 for booking of 10 1hr session

Small Group Training- If you would like to train with a friend, contact me to discuss your needs and prices.
Like page on Facebook and contact me now for more information.
www.facebook.com/TODAYPersonaltraining
About me:

I've lived in Brighton for +10 years, I've worked in retail management before finding myself in the fitness industry. I've always had an interest in fitness, though never felt confident in what I was doing and felt intimidated in the gym environment.

In 2008, I completed the Brighton Marathon for Maccap, I was then offered a place for the New York Marathon 2008 for US\$1000. In March 2009 I joined St. Hastings Half Marathon half way for my training and had a heart chest on the 10th June. Later at night I was diagnosed with a rare heart condition called Brugada Syndrome, and I had an ICD (implantable cardioverter defibrillator) implanted.

I lost the confidence to exercise, in truth I was scared, I put on weight and lost confidence in myself. 2010 I found the courage to run again with support, which in turn gave me the confidence to be myself again.

2012 I left the retail management and started work at Alive Gym. During this time I decided to wanted to help people, first I completed my qualification in Counselling Level 1 and 2. I then focused on the fitness & health, I obtained my Fitness Instructor and Circuit Training with Lifetime Training in 2014. I then followed that up with Level 3 Personal Training with Lifetime and obtained my qualification in 2015. I then did my



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<https://www.feeda5z.co.uk/x-4913>



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https://www.oxfordjournals.org/doi/10.1093/oxfordjournals/...
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<https://www.bbc.com/health/40-z>



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qualification for Fitness Instructor level 2 in 2014 with Lifetime.

Once completed I signed up for Level 3 Personal Training and qualified in August 2015 with Lifetime.

I was told that I would never run a marathon again after my cardiac arrest, in 2015 I completed the Brighton Marathon 20 minutes faster than my previous attempts. I have done Spartan Races, and I like to challenge myself for example How many press ups I can do in an hour, so far I have done 1033.

For me TODAY- Personal Training is about taking that first step, and to give people confidence, and support in their training needs!

So I challenge you to start your journey!