



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 I was not in the gym for the right intent.

In 2007 I completed the London Marathon to raise cap, I was then offered a job to be the New York Marathon Ambassador for the 2008 for the 2008 March 2008. I took a Hastings Half Marathon half marathon my training partner had had a heart attack on the run. Late in 2008 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 in Personal Training with Lifetime and obtained my qualification in 2015. I then did my



TODAY- Personal Training  
For a better you

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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!