

Personal trainer.



Location **Scotland, Berwickshire**
<https://www.freeadsz.co.uk/x-560135-z>

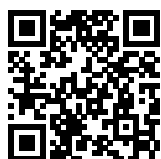


Is anyone looking for any support or help with becoming fitter or more active? Maybe you'd like a nutritionally balanced diet plan to help you lose some unwanted pounds and feel better about yourself? For this or anything else sport or fitness related, don't hesitate to contact me. I can use my BSc (Hons) Sports Studies to help. Unbeatable prices and a person centred approach that focuses on each individual's needs is at the heart of my philosophy. I value, care for and appreciate every customer and will provide ongoing follow up support if required. Message me here, or on my personal number, 07563520591 075635205...(click to reveal full phone number) , any time at all. I promise a swift and friendly response to everyone. Free, no obligation initial meeting and consultation.



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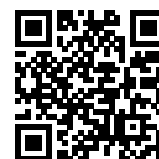
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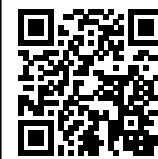
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