

# 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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