

# Personal Fitness Instruction in the South Downs Area (25 GBP)



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-589333-z>



Beginning with an initial consultation, I can create the nutrition and exercise plan best suited to your individual needs, taking your age, weight and fitness level into account as well as providing lifestyle advice to support you in achieving your fitness goals and in becoming a stronger, healthier version of you. You can then start your one-to-one PT sessions, either in the comfort of your own home or outdoors in a local park; personal training when you want it, where you want!



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