

Paul Suggitt



ABOUT ME

With eight years' experience as a personal trainer, I help clients bring together the three critical elements of lifestyle, fitness and nutrition to improve their overall wellbeing and stamina.

I moved to UEA Sportspark from my previous gym this year because of the fantastic facilities on offer and the opportunity it presents clients to achieve the desired levels of fitness.

While I will push individuals to their limits with a professional and structured approach to exercise, I also train those who simply want to stretch and become more agile and relaxed.

SPECIALITY AREAS

- Sports specific conditioning – training for football, squash & badminton
- Technique correction
- Improving muscle power and strength
- Postural analysis, Flexibility and directional flexibility

Please Contact me on: paul@pspt.me.uk or 07909 524507

Rachael Tate

SP
Sportspark



ABOUT ME

As a fitness professional I believe in a lifestyle balance.

My passion and priority is helping you achieve that balance alongside your fitness goals.

My programmes are based on functional strength, core stability, quality nutrition and flexibility. My positive and energetic nature will motivate you to new levels of fitness and wellbeing.

SPECIALITY AREAS

- Weight Management
- Functional Training

Please Contact me on: info@rachaeltatefitness.co.uk or 07920 133606

Adrian Yardy



ABOUT ME

A Freelance Personal Trainer, I began my career 25 years ago and have been working with a multitude of different clients ever since. I have a passion for the therapeutic application of resistance training and specialise in this area having spent two summers in residence with a client at a private spinal injuries rehab clinic. I have since been receiving referrals from the Neurological rehab unit and the former Norfolk PCT Continuing Care Department to improve the fitness levels of suitable clients under their care. .

SPECIALITY AREAS

- Exercise management of chronic diseases and disabilities
- Older adults (FILL)
- Spinal Injury management
- Stroke rehabilitation

Please Contact me on: adrian.yardy@btinternet.com

Leanne Heavens

SP
Sportspark



ABOUT ME

When it comes to my health I love to have my cake and eat it. I'm a self-confessed "foodaholic" with a great passion for health within the body and mind. I strive to highly motivate others to exercise and nourish themselves towards what they want, and to live in a body they love.

SPECIALITY AREAS

- National accredited Life Coach
- NLP Practitioner
- Pre & Post Natal

Please Contact me on: Leanne.heavens@yahoo.co.uk

Iain Kermode BA. Hons



ABOUT ME

Having worked in the Fitness Industry since 2009, I have worked with over 200 clients. I understand that it can be a balancing act between your numerous commitments. I focus on helping you develop an enjoyable routine that will allow you to achieve results and still have a life!

I am a keen sportsman having played cricket all my life as well as enjoying strength training, golf and football. I am the current Fitness Manager here at the Sportspark.

SPECIALITY AREAS

- Obesity and Diabetes
- Functional Training
- Corrective Exercise
- Exercise Referral

Please Contact me on: I.kermode@uea.ac.uk or 01603 593865

Amy Smith MSc.



ABOUT ME

A healthy, well balanced and active lifestyle has always been my main focus when striving to help achieve the goals of my clients. Through my extensive studies, specialising in exercise nutrition, I aim to offer you a complete package when it comes to lifestyle prescription. I pride myself in offering individualised, suitably challenging but enjoyable sessions and I always have a smile on my face!

SPECIALITY AREAS

- Nutrition – Pre- and post-workout
- Weight Management (Gains and Losses)
- Pre and Post Natal Specialist
- Sport Specific exercise programming

Please Contact me on: Amy.C.Smith@uea.ac.uk or 01603 593865

James Warren MSc.



ABOUT ME

Having come from a background in individual sports, I encourage a self-competitive attitude. Challenging yourself and taking pride in the achievements you have already made.

Using my knowledge and experience of strength and conditioning to achieve optimal performance whatever the goal. I favour compound movements, stimulating more muscle mass to evoke big gains in strength, size or fat loss.

SPECIALITY AREAS

- Sports performance
- Gaining strength, power, speed and muscle mass
- Posture and core stability
- Injury prevention

Please Contact me on: James.Warren@uea.ac.uk or 01603 593865

Tom Levy

SP
Sportspark



ABOUT ME

Having worked as a Personal Trainer for multiple years I recognise the importance of keeping things fresh and enjoyable. With a bit of determination and enthusiasm anything is possible! I am a competitive English level triathlete and qualified triathlon coach. I aim to help people achieve their goals from Ironman's to trimming up for that holiday.

SPECIALITY AREAS

- Endurance Sports
- Planning/programming for Swimming, Cycling and Running
- Preparation for triathlon
- Motivation

Please Contact me on: T.levy@uea.ac.uk or 01603 593865

Joel Potter BA. Hons



ABOUT ME

Whether you're just about to embark on your fitness journey, or you're already well on your way, my experience as a personal trainer and a high level athlete will help you achieve your goals carefully taking into consideration your individual needs. Having a degree in Physical Education has enabled me to know what type of motivational strategy to adopt, whether you need someone pushing you through or simply someone to guide you along the way. Together, through challenging and fun workouts we can tackle weight management, aesthetic changes and improved general health.

SPECIALITY AREAS

- Sports Specific Training
- Motivation
- Injury prevention and Core Strength
- High intensity interval training (HIIT)

Please Contact me on: Joel.Potter@uea.ac.uk or 01603 593865

James Rix BSc. Hons



ABOUT ME

I have been a personal trainer for over 8 years and during that time I have been fortunate enough to work with countless individuals and help them reach their personal goals. Whether you are looking for an exercise solution to lack of energy or weight gain, a sportsman looking to gain a cutting edge on the court or field, or just someone looking to improve body image and confidence, I believe I have the knowledge and passion to help you reach your goals. Through clever programming and exercise selection I try to not only motivate you to reach your immediate goals, but set a foundation for consistent progress, so a want to improve, becomes a lifestyle change, not a flash in the pan.

SPECIALITY AREAS

- Metabolic Conditioning (Fast Fat Loss)
- Level 4 Lower Back Pain Specialist
- Sports Specific Training
- Level 3 Sports Massage Therapist

Please Contact me on: J.Rix@uea.ac.uk or 01603 593865

Ayden Pitman BSpEx.



ABOUT ME

Whether your goal is to improve your sporting performance, fit into that wedding dress/suit, gain a bit of muscle, or to simply improve your ability to perform every day activities, I am your Kiwi. Over the years, I have worked with people from both ends of the activity level spectrum ranging from individuals with physical & mental illnesses/diseases, to elite rugby players. I believe that my experience in working with these individuals has more than prepared me to help you reach your goals. Just think, in 10 years time, would you be happy with your current efforts? If not, please contact me and I will arrange to help you smash your goals.

SPECIALITY AREAS

- Weight Management (Weight Gain, Loss or Maintenance)
- Sport Performance
- Chronic Illness & Disease
- Injury Management

Please Contact me on: A.Pitman@uea.ac.uk or 01603 593865