

# Paul Suggitt



## ABOUT ME

With over 12 years' experience as a Top Personal Trainer, I have the knowledge, personality & understanding to adapt to the person that I am training as well as bringing the highest level of training to ensure maximum results.

All fitness needs catered for although I specialise in Professional Athletes development, sports specific training, through to Physio Rehabilitation after injury.

## SPECIALITY AREAS

- Fitness & Nutrition Coach to Great Britain Speedway Team
- Musculoskeletal Development and Fat mass Reduction
- Personal Trainer to Amateur/Semi Pro/Pro Athletes
- Highest Recognised Personal Training Qualification (Premier International)
- Deep knowledge & understanding of Strict Technique and how to apply/correct

Please Contact me on: [paul@pspt.me.uk](mailto:paul@pspt.me.uk) or 07909 524507

# Rachael Tate



## 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](mailto: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](mailto:adrian.yardy@btinternet.com)

# Aaron Manio (ANutr) BSc Hons



## ABOUT ME

Whether muscle gain, fat loss, physical performance or diet is your focus, my goal is to guide and empower your abilities towards achieving your personal milestones. As a Registered Associate Nutritionist (ANutr) I believe in the combination between a sound nutrition and training programme being the key to an effective and rewarding strategy.

As an ongoing athlete, I encourage a competitive mind set. With my background in strength training and with my experience in assisting strength-based athletes both in physical training and nutrition, I am passionate in helping others, with any level of fitness, to achieve new heights of strength and self-confidence whilst enjoying the process.

## SPECIALITY AREAS

- Nutrition for weight loss and performance
- Strength and Performance
- Power lifting and Olympic weightlifting

Please Contact me on: [A.Manio@UEA.ac.uk](mailto:A.Manio@UEA.ac.uk) or 07712299630

# 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](mailto: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: [amysmithhealth@yahoo.com](mailto:amysmithhealth@yahoo.com) 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](mailto:James.Warren@uea.ac.uk) or 01603 593865

# Mark Cundle MA. Cert



## ABOUT ME

Having been a coach for just over 10 years, I have developed a wide range of knowledge within sports, fitness and nutrition. Whether it be specific sports conditioning, muscle gain, weight loss or increasing your fitness, I am confident that I can help you. More so, I am always looking to improve my methods and to ensure that you get the best training possible delivered to you. No goal is out of reach.

As well as the above, I coach Elite level Self-Defence and Martial Arts, as well as boxing and Kick-boxing for all ages and ability levels.

## SPECIALITY AREAS

- Muscular Hypertrophy (Muscle Gain)
- Level 3 Athletic Sports Conditioning
- Weight Loss
- Elite Level Combat Coach

Please Contact me on: [m.cundle@UEA.ac.uk](mailto:m.cundle@UEA.ac.uk) or 07495286667

# Reece Stimpson



## ABOUT ME

Making exercise enjoyable is my goal! I am an enthusiastic Personal Trainer who has worked in this industry for a number of years: has had the privilege of working with many clients of all different abilities. I am someone who really enjoys changing things up to make sessions more interesting and engaging, keeping you on the right track to achieve those goals. I am always looking to adapt my teaching style to give you the most enjoyable and effective sessions. Through fun but challenging workouts we will reach your desired goals together.

## SPECIALITY AREAS

- GP Referral
- Weight loss & weight management
- Muscular hypertrophy (muscle gain)

Please Contact me on: [r.stimpson@UEA.ac.uk](mailto:r.stimpson@UEA.ac.uk) 07841939668

# Shani Brooks



## About me:

As a medical student, I have had to learn to manage my time and balance work, exercise, healthy diet and having a social life. It is difficult and it started poorly, but I got there. As a level 3 Personal Trainer I want to dedicate my time towards helping people with busy schedules fit gym into their timetable. Everyone is different and I am able to tailor the sessions to each individual. I used to be anxious about going to the gym and now I love it. I want to help other people learn to love the gym too.

## SPECIALITY AREAS:

- Weight loss
- Body confidence
- Lower body growth
- Building strength and size

Please Contact me on: [s.brooks@uea.ac.uk](mailto:s.brooks@uea.ac.uk) or 07932797429

# Chloe Brown



## **About me:**

During my 15 years in this industry, I have worked with a variety of sports teams & performers at different levels from Nationals to Commonwealth Games, European & Olympic levels. My aim is to help you build knowledge about how you train through accurate instruction, analysis of technique looking at form and creating mind & body awareness. I will work on a balanced program looking at the specific objectives of what you require through conditioning, CV, S&C, core work and more, to help you achieve the best from your training sessions. Working with you to develop a training pattern/programme/outcome that fits for your sports discipline/lifestyle and overall goal.

## **SPECIALITY AREAS:**

- Strength and Conditioning
- Core strength
- Yoga for sports performance
- Functional fitness

Please Contact me on: [blueskiespt@gmail.com](mailto:blueskiespt@gmail.com) or 07779276685

# Cameron Macfarlane



## **ABOUT ME**

With 5 years' experience in gyms all over the country, I have coached and trained different people with different goals to outstanding success.

Whether you are looking to gain size or lose some weight, train for a specific sport or change your lifestyle. I have the knowledge, desire and passion to help you achieve your goals.

Motivation is sometimes the only thing stopping someone coming to the gym but with my help and continued motivation, it will be possible to break down that barrier and achieve great success.

## **SPECIALITY AREAS**

- Level 3 Personal Training Certificate
- Weight Loss & Weight Management
- Strength & Hypertrophy Training (Muscle Gain)

Please Contact me on: [c.macfarlane@uea.ac.uk](mailto:c.macfarlane@uea.ac.uk)

# Andy Meeson

## ABOUT ME



I am a 3rd Dan Taekwondo instructor with over 10 years' experience teaching my own classes. As a friendly and approachable personal trainer, I aim to incorporate my martial arts expertise when training my clients. This type of training can be beneficial and tailored to all types of abilities. Introducing them to a range of pad drills and skills in a fun and enjoyable way. This mixed with bodyweight exercises, opens your mind to new and exciting ways to work your cardiovascular system other than using the general machines, whether it is to lose weight, tone up or muscle gain.

## SPECIALITY AREAS

- **Correct lifting technique, Pad work, weight loss, Hypertrophy and Stretching.**
- **Level 3 Personal Trainer**
- **UK Certified Taekwondo Instructor**
- **3rd Dan Taekwondo Instructor**

Please Contact me: [andymeeso@hotmail.co.uk](mailto:andymeeso@hotmail.co.uk) or **07788253773**