

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

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 or 01603 593865

Chloe Brown

SP
Sportspark



ABOUT ME

During my 15 years in this industry, I have worked with a wide variety of sports teams & performers from Nationals through to Olympic level. I also have a background in sport namely running & swimming where I trained to compete. Whether your goal is functional fitness or competitive, I will help you build good knowledge & understanding of how you train through accurate instruction & guidance of technique and form. I will work on a balanced program looking at the specific objectives you require to include: CV, S&C, HiiT, core strength, helping you achieve the best from your sessions; creating a training programme that fits for your sport/lifestyle and long term goals.

SPECIALITY AREAS

- Outdoor Fitness
- Strength & Conditioning
- Core Training
- Running Training
- Swim Coach
- Yoga Instructor

Please contact me on: blueskiespt@gmail.com or 07779 276685

Paul Suggitt

SP
Sportspark



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 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 or 07920 133606

ADAM TODD



ABOUT ME

I have been a Personal Trainer since 2017 and a Strength and Conditioning coach since 2018. My love for training comes from my sporting background, having played sport my whole life; I developed an interest in fitness to try to better my performances to stand out in the sports I play. I am passionate about helping people achieve their goals and reaching their full potential, and pride myself on my customer care. Every program I write I will try to make fun and engaging while making sure you are progressing and improving. I am aspiring to be a full time strength and conditioning coach and really enjoy working with athletes who are looking to improve there: Speed, Strength and Power. I have learned a number of skills working in the industry, which means I am able to work with anyone and any fitness goal they have.

QUALIFICATIONS

- 2:1 Degree in Applied Sport Science
- Level 4 Strength and Conditioning Coach
- Level 3 Personal Trainer
- Exercise Referrals
- First Aid
- Personal Liability Insurance

Please contact me on: adam.todd@atp-norfolk.co.uk or 07806451587 or visit athletes-training-for-performance.co.uk

