

Mission Possible

Hi

My name is Laura, and I was once described by the person who gave me the chance as a Personal Trainer, as:

“A Young Lady on a Mission”!

I love that statement because it really does sum me up.

I am totally dedicated to my chosen profession and approach everyday with boundless energy and passion. My desire to motivate and support gives me an intensity that clients feed off in order to succeed in achieving their own personal goals.

Look out for me on the gym floor. You will find me busying myself with what I do best, motivating and encouraging members here at Fitness First York.

AIMS AND TRAINING BELIEFS

My approach to Personal Training is very simple:

Engage: I am very approachable and easy to engage with.

Connect: I listen and connect with your personal needs, desires and emotions.

Inspire: My honest, direct but extremely supportive nature will inspire you to achieve.

Armed with this simple but effective philosophy, I will very quickly challenge your current thought processes. I will help you understand the myths and falsehoods surrounding training and nutrition in order that you achieve your goals successfully and permanently.

SPECIAL INTERESTS

Weight Management is a particular area of interest for me. The rewards for me are immense. Nothing gives me greater pleasure than seeing a member turn his or her life around and grasp the concept of Permanent Lifestyle Changes as opposed to extreme dieting.

CLOSING STATEMENT

“Unlock your full potential today and approach Laura”

A Young Lady on a Mission!

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