

PERSONAL TRAINER PROFILE

Kazza Clifton

How do you book me?

Call: **07525476871** Email: kazzaclifton_5@hotmail.co.uk
or ask at reception for my details.



My Qualifications About me

Gym Instructor

Level 2

Personal Trainer

Level 3 Diploma in personal training and gym Instructor (NASM)

Mental Health

Level 2

Supporting Pre and Postnatal with exercise

Level 3

Behavior Changes
Senior Specialist
Youth Specialist
FA level 1 Football Coach

Level 3 Diploma in Sports Massage

Hi, my name is Kazza, I have always been into sports/fitness of some sort from a young age. My main sport is football. I have played, and coached kids' football teams for many years. I also enjoyed boxing and netball as a youngster. I used to teach kids aged 4-11 PE in a local primary school. I decided to train as a personal trainer because of lots of reasons. One being I like to help people to achieve their goals whether it's to gain confidence in the gym, lose weight, tone up, build muscle or to build fitness levels/strength for a sport. Another reason is to help people who are suffering with mental health issues. This is very close to me, my family, friends and many more people. Exercise is not a cure for this but a very good way to help release stress, anxiety, and depression.

Since I started being a personal trainer, I have not only worked with clients whose goals are weight loss, toning up or to get fit. Some of my clients have Fibromyalgia, Diabetes, Cancer, Sever's disease and Multiple sclerosis all who need different support in their fitness journeys.

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement
- Weight Loss

Come and grab a Free 30minute consultation

OR

1 hour Taster session
Adults £15
Youths £10

MORE PT

let's do
MORE