

# Sophie Newell

## How do you book me?

Call: **07557 737001** Email: **sophienewell12@gmail.com**  
or ask at reception for my details.



## My Qualifications

### Personal Training

Level 3

### Gym Instructor

Level 2

### Sports Massage

Level 3

### MSc

Strength & Conditioning

### BSc

Sports Science, Coaching  
& Physical Education

## About me

Hi, I'm Sophie!

I'm a certified Personal Trainer and Strength & Conditioning Coach dedicated to helping you achieve your goals. Whether you're new to the gym or an experienced member, through tailored training plans, we'll work together to create sustainable lifestyle changes to support your health and well-being.

## My Focus:

- Sustainable and achievable progress
- Moving well, feeling great!
- Breaking down barriers to exercise
- Building confidence for long-term success

## My Specialties:

- Introduction to Exercise & Fitness
- Developing Gym Confidence
- Optimising Sports Performance & Injury Prevention
- Resistance Training & Learning to Lift
- Strength, endurance, conditioning, and HIIT training
- Flexibility & Mobility

Let's work together to help you become stronger, healthier, and happier!