

# ***Lisa Parkes***

## ***Personal Trainer***

### ***Qualifications:***

- Degree in Sports and Leisure Management
- A Level Human Biology and Physical Education
- Certificate 4 Health & Fitness
- ACSM (American College of Sports Medicine) Personal Trainer, Fitness Leader
- ETA Fitness Leader, Group Fitness Instructor
- Nutrition Diploma
- Pilates Instructor
- Les Mills Certified Pump, Balance, Combat, Step
- Exercise Rehabilitation Certificate
- Post and Prenatal Exercise Training
- Swimming/ Gymnastics Teacher
- CPR, Bronze Medallion & Senior First Aid
- Numerous other Sports Teaching Qualifications

### ***My Training Styles:***

- Results based training full of energy, enthusiasm and motivation.
- I help you find the determination within to be your best, overcome challenges and achieve all you desire from your exercise.
- My training sessions are huge in variety as that's what keeps you interested and motivated and best achieves results.
- Training with me will involve a combination of essential strength and conditioning work (using fitballs, Pilates, Bosu, weights equipment and your own body weight), cardiovascular training (using machines, the outdoors, boxing) and assisted stretching and mind body work.

### ***My Philosophy of Training:***

- Health is your number one asset. A holistic approach incorporating good nutrition, effective exercise and the power of the mind, together with time out for you will ensure your work is rewarded and you achieve the results you desire from your training.

I have lots of energy, enthusiasm and love life. Let me help you achieve the same high.

If you're struggling with motivation, a helping hand is all you need!

We all enjoy the feeling of overcoming a challenge, so let me challenge you and help you achieve the results you have been dreaming of.

I strongly believe what you put in you get out in every aspect of life.

Everything is possible! *Make this moment matter, start training today!*