

BE X FITNESS

PT BIO LEAH HOLLINGSWORTH

My skills:

- I focus on a coaching perspective aiming to support you through all aspects of training, nutrition and lifestyle support.
- Providing small and achievable short-term goals which contribute to sustainable long-term success.
- Ongoing support with nutrition strategies, monitoring progress and any additional advice to help you achieve your goal.
- Experience as a competitive swimmer at national level, including vast experience in strength and conditioning.
- Experience in implementing nutrition and training for both fat loss and muscle development.

My knowledge:

- Sport and Exercise science graduate with extensive knowledge in exercise and nutrition.
- A background in strength and conditioning giving me the ability to implement training and support for a set goal.

I offer lots of support outside of training including progress monitoring and nutrition to fit your lifestyle leading to sustainable results.

My qualifications:

- Level 3 Qualification in personal training
- BSc Sport and exercise science
- First aid trained



My favourite food:

Porridge (chocolate flavour) with peanut butter and extra chocolate (melted on top)

My favourite book:

Harry Potter series

My favourite holiday:

Thailand and Bali travelling

My Contact:

Email: leah.holl.fitness@gmail.com

Phone: 07523 874232

Facebook: Leah Hollingsworth Fitness

Instagram: Leahhollfitness

www.be-Xfitness.co.uk

T: 0114 2322 263



@Be_Xfitness



Be X Fitness



Be X Fitness