

BE X FITNESS

PT BIO ALISON HOOD

Best thing about me:

Personable, loyal and driven! Passionate about all things health and fitness, I pride myself in motivating my clients to achieve their goals, offering physical and emotional support along the way to make the process as fun and enjoyable as possible! I give 150% and expect the same back.

My skills:

Programme planning for body composition for stage/photo shoots – an active competitor myself in Bikini/Figure/Fitness (Coming 2nd in my category and reaching the UK finals in 2015) I have experience in what is needed and the commitment it takes to transform your physique in preparation for either stage or a photoshoot! I have trained both Males and Females in this area.

My Nutrition:

Food planning for all aspects of health and fitness: Weightloss/fatloss/Aesthetics/Detoxing and sports.

My Sports:

Successfully trained clients for the London Marathon – all coming in within times trained to and also for cross country fell running and Tough Mudder events! Actively training clients to help enhance performance in their chosen sport and aid in injury rehabilitation.

My Knowledge:

Along with all of the above, I have taken part and taught classes in:

- Aerobics
- Step, Karate
- Kickboxing
- Conventional Boxing
- Fat loss Bootcamps
- Military Bootcamps
- Strength training

My client base varies from those trying to get fitter and healthier, lose weight to others looking to increase muscle mass and to get leaner.

My Hobbies:

All forms of physical activity including Skiing and Competing, to walking and enjoying time with my family! I hope to walk the Three Peaks in 2016.



My Qualifications:

- Level 1 and 2 Gym Instructing
- Level 3 Advanced Personal Trainer – Client Support
- Anatomy and Physiology for exercise and health
- Nutrition Principles
- Programme Planning
- Sports Nutrition
- Functional Training

My Favourite Book:

The Chimp Paradox by Dr Steve Peters

My Favourite Food:

All things healthy, fresh and vibrant.

My Favourite Holiday:

Backpacking

My Contact:

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