

PERSONAL TRAINER PROFILE

Jane Vaughan

How do you book me?

Scan the QR code or

Call: **07500 117642**

Email: jane@janevaughanfitness.com
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

Gym Instructor
Level 2

Nutrition & Health
Level 2

Emergency First Aid
Level 3

Life Coaching
ICF Accredited
Diploma

Hello, I'm Jane and I'm a certified Personal Trainer. I only fell in love with fitness in my 50s, so I know how scary and confusing it can feel to take the plunge. But I also know how amazing it feels to be strong and fit, and I want to help you to experience that too.

I can support you with the following goals:

- Building the strength, power, mobility and endurance you need to live life to the full at any age.
- Resistance training to maintain and build muscle mass and prevent loss of bone density.
- Using exercise to support your weight loss goals.
- Building your confidence in the gym environment.
- Creating long-term healthy habits, not unsustainable quick fixes.

In the first session, we'll get to know each other to see if we're a good fit. I'll meet you where you are and we'll set goals together to challenge and inspire you. Then I'll create a bespoke program tailored to your unique needs, as well as looking at lifestyle changes beyond the gym.

My approach is person-centred, meaning we'll work together as a team to achieve those goals. I'll bring the knowledge and accountability, you'll bring the attitude and effort. I know we can do it!

MORE PT

I'm regulated by:

The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number C042592

let's do
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