

PERSONAL TRAINER PROFILE

Julie Hunt

How do you book me?

Call: 07417 378616

Email: info@trainwithjules.co.uk

or ask at reception for my details.



My Qualifications

Personal Trainer

Level 3 Diploma

Gym Instructor

Level 2 Diploma

Nutrition Coach

Level 4 Nutrition for
Weight Management &
Athletic Performance

Level 3 Nutrition for
Physical Activity

Academic:

- BA (Hons)

First Aid:

- Emergency First Aid
at Work Certified

About me

Hi, I'm Jules and I am a Personal Trainer and Nutrition Coach. I am incredibly passionate about strength training and have an unwavering commitment, to promoting the importance of lifting weights for long-term health and longevity. I am confident that with my expert knowledge and support, you too, can fall in love with the amazing benefits strength training will bring into your life.

Let's not forget that achieving optimal health starts with balanced nutrition. As an advanced Nutrition Coach, whether your goal is fat loss or peak athletic performance, I can teach you how to fuel your body effectively for lasting success.

I adopt a holistic approach to your health and fitness goals. My unrivalled 12 week programme, incorporates strength training and nutritional guidance. This is delivered through a combination of face-to-face PT sessions and online coaching. My programme delivers results you can see and feel - When you combine effective strength training with proper balanced nutrition, you will feel stronger, healthier, and more confident in your body.

I can help you with:

- Losing body fat (sustainably)
- Getting stronger
- Reducing joint pain
- Building confidence in the gym
- Weight management
- Building muscle
- Improving nutritional habits
- Improving posture & balance

My Specialties

- General Fitness
- Strength Training
- Building Lean Muscle
- Strength Improvement & Core Stability
- Functional & Mobility Training
- Nutrition Coaching For:
 - Sustainable Fat Loss
 - Weight Management
 - Athletic Performance

MORE PT

let's do
MORE