

# Susan Boros

## L3 PERSONAL TRAINER



### A BIT ABOUT ME:

I have always had a passion for fitness and therefore decided to make my passion into a career and became a Personal Trainer in 2015. I enjoy running as well as weight lifting and love constantly challenging myself. Being a busy Mum of 5 and I understand the pressures that women have in juggling work, family life and fitness.

I love seeing people progress either by gaining strength, increased fitness or just fitting into something that hasn't fitted for years! Knowing that I have helped is a great feeling

### QUALIFICATION:

- REPS Level 2 Gym Instructor
- REPS Level 3 Personal Trainer
- Advanced Nutrition for Weight Management
- Experienced in Pre/Post Natal training.
- First Aid at Work Qualified
- NPLQ Qualified Movement Training
- Indoor Cycling Instructor

### SPECIALISATION AREAS:

- I can help you achieve your goals whether it is weight loss or fitness related.
- I can offer nutritional advice and help shed those inches!
- I can help you get your pre baby body back, your confidence, increase your strength and make the workout enjoyable.
- I am friendly, encouraging, motivating and will always be available to answer any questions you have.