

PERSONAL TRAINER PROFILE

Alicia Stewart

**How do you book me?**

Whatsapp: +44 7418 609016

Insatgram: @alicia\_stewart\_fitness

or ask at reception for my details.

# My Qualifications

Personal Trainer

Level 2&3 (Active IQ)

Pre & Post Natal Level 3

(Active IQ)

Disordered Eating Informed

(Michelle Carrol)

Deep Healing Breathwork

(Anam Collective)

BSc(Hons)

Sports Fitness Coaching

# About me

Hey, I’m Alicia and I’m a Certified Personal Trainer and ex trained dancer with a passion to help my clients improve their confidence and lives both in and out of the gym through fitness and mindset changes.

# I’ve helped clients go from nervous and unsure to confident, independent gym-goers. clients also have competed in squat, bench, and deadlift competitions, as well as run their first 5k to half and full marathons. I also enjoy challenging myself by competing in hyrox events and running half marathons — i believe in leading by example and training with purpose.

# It doesn’t matter if you're lifting 1kg or 100kg — what matters is your progress, your goals, and enjoying the process. My approach is to make training fun, sustainable, and something you’ll look forward to.

# My specialties

* Body image
* Confidence in the gym
* Strength training
* Endurance training
* Flexabilty & mobility
* Body composition
* Relationship with food - Nutrition



I’m Insured by: Balens Affinities.

Mentored by: Lucy Cooke.