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.