

# PAUL FLETCHER

PERSONAL TRAINER

*Professional evidence-based training  
with a genuine understanding of the psychology behind diet and exercise*

## WHAT I OFFER

- One on one personal training
- Partner or small group training
- Sports science support for teams and individuals
- Circuit training class

**Free 60-minute consultation**

## What is holding you back?

**My Approach to Training** – Through education and experience I adopt a combination of techniques to help build fitness, wellness and self-confidence.

**Accountability:** I will provide you with a plan, structure, goals and a point of contact.

**Educator:** I keep up to date with contemporary research, so you can turn to me for the latest advice. I can help with the psychology behind exercise, nutrition and behaviour change.

**Emotional support:** losing weight, improving fitness or training for sports can be an emotional roller coaster. I am there on the frontline with you!

**Confidante:** I will provide a safe pair of ears for you to feel comfortable and supported.



### Education:

MSc Sport and Exercise Psychology  
Sports Coaching Science BSc (Hons)  
UK Strength & Conditioning Association (UKSCA) Weight Lifting for Sports Performance  
UKSCA Plyometrics, Agility and Speed  
YMCA Fitness instructor and Personal Trainer  
YMCA Circuit Training Instructor  
Boxercise Instructor  
Royal Society for the Promotion of Health Nutrition Certificate



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