



BEN FORTESCUE

PERSONAL TRAINER

QUALIFICATIONS

LEVEL 3 PERSONAL TRAINER
LEVEL 2 FITNESS INSTRUCTOR

I SPECIALISE IN

WEIGHT LOSS
BODY BUILDING
FIRMING & TONING
NUTRITIONAL ADVICE

MY EXPERIENCE & PHILOSOPHY

HI, I'M BEN AND I'M A PERSONAL TRAINER AT UNIT24 GYM. I STARTED POWER LIFTING IN 2000 TO PUT ON SIZE AND STRENGTH, TRAINING WITH ROB HOPE (FORMER MR NATURAL UNIVERSE). THE HARD WORK I PUT IN SAW ME GROW FROM 9.5 STONE TO 22 STONE IN 6 YEARS. DURING THAT TIME, I GAINED A WEALTH OF EXPERIENCE AND KNOWLEDGE AND THE POSITIVE CHANGES TO MY LIFE, INCLUDING IMPROVED MENTAL HEALTH, LED ME TO WANTING TO SHARE THIS WITH OTHERS TO ACHIEVE THE SAME.

I PROVIDE MY CLIENTS WITH THE GUIDANCE, MOTIVATION, KNOWLEDGE AND SUPPORT THAT THEY NEED TO ACHIEVE RESULTS THAT THEY DIDN'T KNOW WERE POSSIBLE. MY SESSIONS ARE 100% TAILORED TO EACH CLIENT AND I ENSURE THAT THE VARIETY AND CREATIVITY OF THE EXERCISES KEEPS THEM DRIVEN. I ALSO PROVIDE NUTRITIONAL ADVICE AND CAN ASSIST WITH PERSONALISED DIET PLANS.

I LOVE PLAYING A KEY PART IN HELPING PEOPLE CHANGE THEIR LIVES FOR THE BETTER BY IMPROVING NOT ONLY MY CLIENT'S PHYSICAL HEALTH BUT ALSO THEIR EMOTIONAL WELLBEING. EXERCISE INCREASES OUR MENTAL ALERTNESS, ENERGY AND MOOD AND CAN HAVE A PROFOUNDLY POSITIVE IMPACT ON DAY TO DAY LIFE.

BE WARNED, I HOLD MY CLIENTS ACCOUNTABLE! I SET WEEKLY GOALS AND CHECK ON A REGULAR BASIS TO SEE HOW THEY'RE DOING. HOWEVER, IF YOU FOLLOW MY DIRECTION, YOU WILL ACHIEVE YOUR GOALS. CONTACT ME FOR A FREE 20 MINUTE CONSULTATION AND TASTER SESSION.

CONTACT ME TODAY

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