

# jason chewins

Premier Global Diploma  
in Personal Training  
REPS Level 3  
Swiss Ball

## Specialities

Improving Fitness Levels  
Weight Management  
Posture, Flexibility & Core Stability  
Muscle Toning



YOU MATTER! It is my belief that making a person feel significant and worthy is a fundamental skill which I possess. Together, we can discover your strengths and motivators to exercise.

Training will be structured to your specific needs whilst retaining high levels of motivation and energy enabling you to maintain your commitment to achieving your goals. The training will be enjoyable, interesting and fun - I truly believe that laughter and humour are an integral part of maintaining a healthy lifestyle.

My background is varied having participated in team sports, particularly football (which I also coached in the UK) and also having a keen interest in individual sports including athletics, circuits and resistance training.

I maintain a positive 'can do' attitude and encourage my clients to reflect on, and take ownership of their performance, making change sustainable and in turn impacting positively on their health and wellbeing.

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 **rec centre**  
*'energy for life'*