

PERSONAL TRAINER PROFILE

Ray Brookes

How do you book me?

Call: **07525057365**

Email: **ray.brookes@serco.com**

or ask at reception for my details.



My Qualifications

Exercise Referral

Level 3

Independently Active, Older People

Level 3

Chair based exercise

Level 3

Ante and Post Natal

Level 3

Exercise for the disabled

Level 3

Managing Lower Back Pain

Level 4

Obesity and diabetes

Level 4

Nutrition for fitness and leisure

Level 4

About Me

Hello! I'm Ray, a dedicated Health and Fitness Coach in Market Drayton. My passion lies in helping individuals like you reach your goals while enhancing physical activity and independence in life's journey. I have undergone training in essential areas, including health conditions, mental health support, counselling, nutrition, and healthy ageing- all aimed at better supporting your overall health needs.

With over 30 years of experience in the Army and the health and fitness sector, I have witnessed and adjusted to numerous changes in this dynamic field, and I remain committed to my ongoing development.

I aim to reach as many individuals as possible, taking a broad approach to my growth and welcoming anything that enhances my ability to assist you. As the saying goes, "a jack of all trades is a master of none, but oftentimes better than a master of one."

Regardless of your goals or circumstances, I believe we can craft a successful vision tailored just for you, paired with an action plan to help you achieve it.

My personal training plans are specifically designed for each person, and our sessions will focus on your desired outcomes and unique support needs.

My training

Occupational therapy, Parkinson's, counselling, NHS healthy weight coach, aquatic activity, mindfulness and meditation, osteoarthritis, back pain, diabetes, older adults, chair-based exercise, pre and post-natal, health and wellbeing, physical and mental health conditions, neurodiversity, eating psychology, eating disorders, engineering, continuous learning, positive behaviour, NLP, falls prevention, life coaching, mindful pain management, movement skills and project management.

MOREPT

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

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