

PERSONAL TRAINER

Emma Heath

Health & Fitness Instructor

Personal Information:

Emma found a whole new passion for the gym when she was at university; she found that attending regular group exercise classes and using the gym equipment really helped her to understand the importance of staying fit whilst studying. Emma found that she became quite the gym advocate and found friends were always asking for advice and asking for their technique to be checked; so when she decided to retrain, the Fitness industry was an obvious choice!

In 2013 she qualified as a Gym Instructor and closely followed this with a Personal Training qualification. The love of helping people achieve their goals is why she is in the industry.

Experience and Qualifications

- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 3 Diploma in Exercise Referral
- Level 3 Pre & Post Natal
- Level 2 Adolescents Instruction
- Kettlebells
- Suspension Training
- Core Stability

5 years in the industry, as gym instructor and Personal Trainer.

