

# TIM SMIT

## PERSONAL TRAINER

As someone passionate about health and fitness I always give 100% to my clients - whatever their age, background or fitness goals. I love to see people achieving their fitness and strength milestones, and will do all I can to help make this happen.

If there is one thing I have learned as a PT it is that if you believe and act like it is impossible to fail, it usually is!

## EXPERIENCE & QUALIFICATIONS

National Cert. Exercise Consultancy L3  
National Cert, Personal Training L4  
Been in the fitness industry since 2014

Hobbies & Interests:  
Hockey, Cricket, Rugby, Watching Sport,  
Outdoor Pursuits, Family Time

## SPECIALISING IN:

- Personal Training
- Body Building & Strength Training
- Sport Specific Training
- Nutrition
- Boxing Group Fitness

