

Aaron Wilson

Personal Trainer

UWE Centre for Sport



A bit about me

I have worked in the industry for over 10 years and have a real passion for all things health and fitness. Prior to that I played semi-professional football. In my spare time, I am a big fan of weight training, yoga and my number one love.....FOOD!!

As your Personal Trainer

My style of personal training varies depending on what my clients want to achieve. However, my overall focus is on high intensity bursts with low rest periods as these are great at targeting specific stubborn areas. Plus, workouts are kept short, sweet, fun and guaranteed to leave you with a good sweat plus a little ache the next day!

I also strongly believe that fitness training is only a small part of the overall picture. The bigger, more challenging area is helping people with their nutrition. Combining food diaries and plans, with your fitness plan ensures you can achieve maximum results and reach your health and fitness goals.

Specialist areas

- Body toning & conditioning
- Nutrition
- Sport specific training
- Core stability & strength

Qualifications

- Level 3 Advanced Personal Trainer and Nutritionist
- Group Exercise instructor – Spin / Circuits / Aerobics / Boxercise / Core Stability
- First Aid



University of the
West of England

**For prices, more
information and to
book your personal
training session
contact Aaron:**

Email: aaronwils@live.co.uk

Mobile: +44 (0) 7791 750074