



**Blair Thomson**  
Personal Trainer

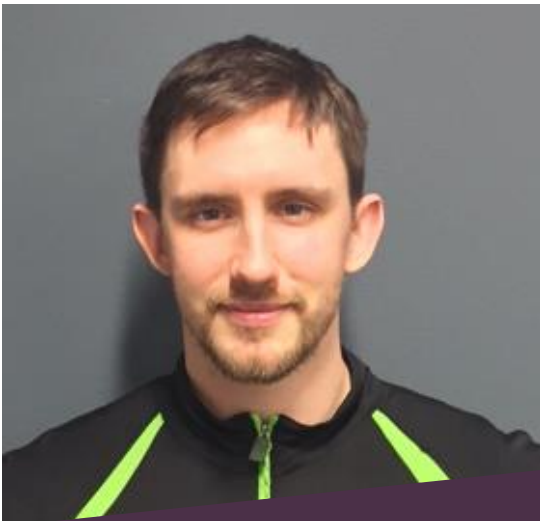
## How can I help you improve your health?

- I use sports periodization methods to help you reach your best possible level of fitness and wellbeing
- In depth nutritional planning advice specific to your training goals
- I use movement screening techniques for injury prevention before, during and after PT sessions

## What my clients say.

"Blair has been passionate in his delivery of my sessions and his outstanding knowledge has helped me achieve my goals. My sessions constantly help me to improve my wellbeing!"

To purchase personal training with me please contact reception or email me  
[[Blair.Thomson@nuffieldhealth.com](mailto:Blair.Thomson@nuffieldhealth.com)]



**Ross Hamilton**  
Personal Trainer

## How can I help you improve your health?

- I will challenge and change your body and mind with my 10 years experience in the Fitness industry
- I can help with your unique requirements and set realistic and specific training goals for you
- Educate you about Health, Fitness and nutrition to help improve your overall wellbeing in and out of the gym

## What my clients say.

"Personal Training with Ross notably increased my cardiovascular fitness and strength but also developed my knowledge and confidence to train on my own!"

To purchase personal training with me please contact reception or email me  
[[ross.hamilton@nuffieldhealth.com](mailto:ross.hamilton@nuffieldhealth.com)]





**Julie Paton-Monk**  
Personal Trainer

## How can I help you improve your health?

- Work with you on a holistic approach that is truly individual to you
- Provide sustainable solutions to achieve your health goals
- Various exercises, tools and techniques to keep your workout fun and effective

## What my clients say.

"Julie brings a completely infectious energy and enthusiasm to her coaching. She encourages me to push myself during workouts while helping me perform all exercises safely and with great technique. Julie has helped me feel totally at ease through workouts which I initially was really intimidated by and her coaching inspires me to work as hard as I can to improve."

To purchase personal training with me please contact reception or email me  
[[julie@revive.fitness](mailto:julie@revive.fitness)]



**Rebecca Whiteford**  
Personal Trainer

## How can I help you improve your health?

- I can help you achieve your goals whether it is fat loss or muscle gain
- I have worked with a range of clients and have developed an approach to get the best from them
- I can guide and motivate you through challenging workouts and help with nutrition

## What my clients say.

"When I started my fitness journey with Rebecca I was very overweight. After a few sessions and a diet put in place I had managed to drop 2 stone. She gave me the confidence and skills I needed to be able to train myself using a variety of cardio and free weights but more importantly gave me my confidence back."

To purchase personal training with me please contact reception or email me  
[[rebecca.whiteford@nuffieldhealth.com](mailto:rebecca.whiteford@nuffieldhealth.com)]





**Katie Farquhar**  
Personal Trainer

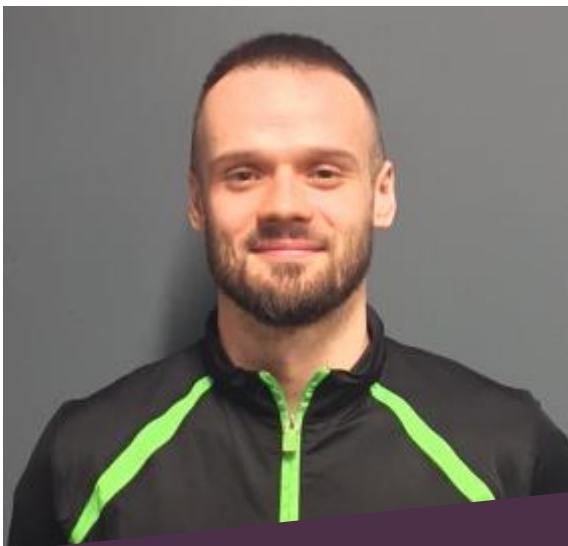
## How can I help you improve your health?

- Help you achieve specific health goals through my level 3 GP referral
- Motivate and make every training session different and enjoyable
- Experience working with clients who have various health and fitness needs/goals

## What my clients say.

"Katie always makes sure sessions are enjoyable and is constantly motivating to push me towards my goals. She also has a vast knowledge and understanding of different training methods"

To purchase personal training with me please contact reception or email me  
[[Katie.farquhar@nuffieldhealth.com](mailto:Katie.farquhar@nuffieldhealth.com)]



**David Paterek**  
Personal Trainer

## How can I help you improve your health?

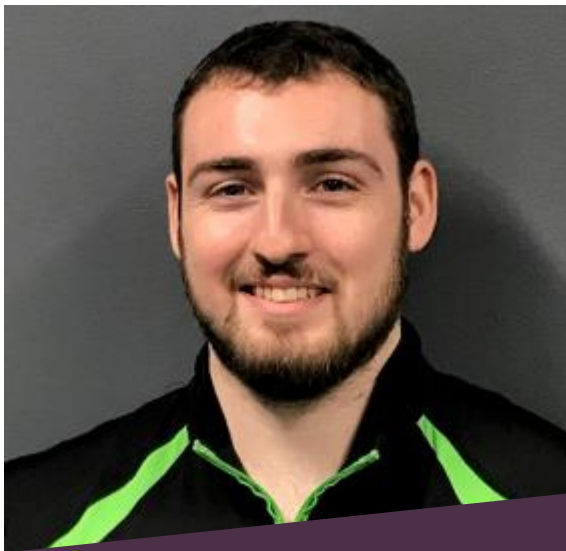
- I'll assess your level of physical fitness and depending on how physically fit you are, design an exercise program for you to improve your general fitness or work on specific goals.
- I'll teach you how to lift weights so you'll gain knowledge that will help improve your everyday life and reach your fitness goals in much more effective way.

## What my clients say.

"Being a bit older I was nervous about starting with a Personal Trainer but Dawid has balanced the training to make it tough enough to push me without putting me off. He has made a difference to my health and lifestyle"

To purchase personal training with me please contact reception or email me  
[[Dawid.paterek@nuffieldhealth.com](mailto:Dawid.paterek@nuffieldhealth.com)]





**Daniel Stewart**  
Personal Trainer

## How can I help you improve your health?

- Tailor and adapt your diet and sessions to your specific needs
- Motivate you to work towards your goals and finding the driving factor
- Effectively get you the results you want and better

## What my clients say.

"Dan always makes my sessions fun and different, he pushes me to my limit and keeps me going. He is a superb trainer with the knowledge and experience to constantly challenge and improve."

To purchase personal training with me please contact reception or email me  
[[Daniel.stewart@nuffieldhealth.com](mailto:Daniel.stewart@nuffieldhealth.com)]



**Geoff Pendrill**  
Personal Trainer

## How can I help you improve your health?

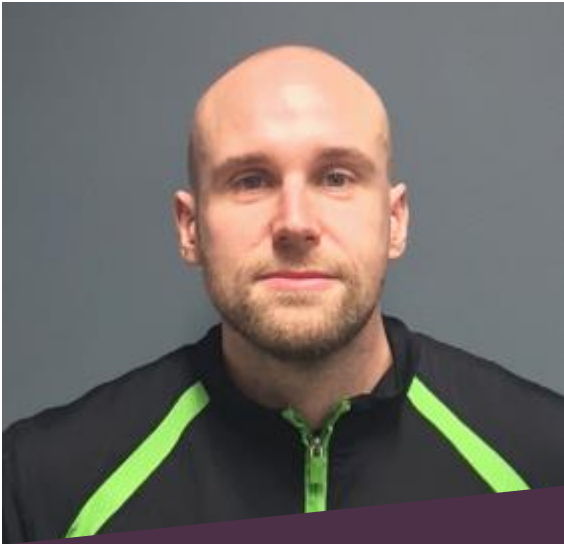
- I can use my extensive knowledge of endurance running and cycling to help you improve your times from 5k to marathon
- I can use advanced boxing skills to deliver an invigorating workout
- Having worked as a project manager previously, I understand the importance of exercise in combatting stress in a working environment

## What my clients say.

"After experiencing high blood pressure I was concerned about continuing to train to a high intensity. Geoff has helped me lower this through regular exercise and moderated my exercise to enable me to train safely."

To purchase personal training with me please contact reception or email me  
[[geoff.pendrill@nuffieldhealth.com](mailto:geoff.pendrill@nuffieldhealth.com)]





**Dave Mckee**  
Personal Trainer

## How can I help you improve your health?

- Use my decade of experience in the fitness industry to help motivate you and achieve your goals
- Extensive knowledge of strength training and various types of cardio to help change your body shape
- GP referral qualified trainer with a vast knowledge of anatomy

## What my clients say.

"Dave always makes our sessions enjoyable and fun and his knowledge means I'm constantly learning the whole time. I have smashed through all my plateaus this year and I credit Dave for this."

To purchase personal training with me please contact reception or email me  
[[David.mckee@nuffieldhealth.com](mailto:David.mckee@nuffieldhealth.com)]

