

Nigel Smith



Philosophy on exercise, health & fitness

Exercise is a great benefit in itself for a healthier life and a clearer mind, and it should be enjoyable and pain free! I enjoy working with clients to achieve a balanced approach to exercise that helps them live an active life, feeling strong and confident. I draw on my experience as a Personal Trainer and yoga professional for an evidence based, whole of body approach to fitness.

What areas do you specialise in?

Longevity, mobility, functional fitness for life. Strength and conditioning training, functional fitness, and yoga.

Greatest achievement with a client

I value feedback and accept the rough and the smooth as a gift. It indicates I've built up trust with a person for them to be honest with me. So when I receive feedback of any sort from a client I take that as a win because success in fitness between a trainer and a client needs honesty with yourself and others.

Qualifications

Cert 4 Fitness - Personal Trainer
Cert 3 fitness - Group Instructor
200 Hour Vinyasa Yoga Instructor

Why should you train with me?

Your goals may be as simple as "feeling good" to "I've got a 500k charity ride in three months - help!", and you need somebody who will work with you to get you working. Motivator, planner, technique adviser and occasional butt-kicker, here I am!

Motto

**"It is health that is the real wealth, and not pieces of gold and silver",
Mahatma Gandhi**

