

# Louise Irvine

## *Personal Trainer*



**About me** As an advanced instructor I am dedicated to getting individual results and helping people reach their goals. As a trainer I am approachable, empathetic and focused, tailoring my sessions solely for the individual. I am always seeking new innovations for training and varying workouts to enhance motivation for my clients.

I have specialised knowledge in a variety of areas including; cardiac, pulmonary rehab, pre and post pregnancy, obesity and diabetes.

### **Qualifications**

- Level 3 Personal Trainer
- Level 3 Nutrition
- Level 3 Exercise Referral
- Level 3 Pre and Post Natal
- Level 4 Cardiac Rehabilitation
- Level 4 Obesity and Diabetes
- Level 4 Cancer Rehabilitation
- HND Sport Science
- Zumba Instructor
- Nordic Walking Instructor

### **Specialities**

- Weight Loss
- Pre / Post Natal
- Women's total body strength training
- Mobility
- Cardiac / Pulmonary conditions

### **Contact me**

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