

# ANGUELLE FEYT

## PERSONAL TRAINER

If there is one thing I can tell you to help you achieve your health and fitness goals, it is that every little step is a step closer to your goals. Everyone has bad days but if you can stay consistent in your approach then even the smallest steps count.

I am positive, motivated and love keeping workouts fun. I enjoy seeing my clients reach their goals and full potential in their fitness journey as well as in life.

### EXPERIENCE & QUALIFICATIONS

Level 4 certificate in Personal Training  
Diploma in Nutrition  
Pilates Certificate  
Been in the fitness industry since 2017

#### Hobbies & Interests:

Running, cooking, family, walking the dog

### SPECIALISING IN:

- Personal Training
- Weight Loss
- Core Strength
- Balance & Flexibility
- General Fitness

