

PERSONAL TRAINER PROFILE

Sadiqah Jarrett

How do you book me?

Call: **07947 138 806**

Email: sadiqahsj09@gmail.com



My Qualifications

Personal Trainer
(Practitioner)
Level 3

Exercise Referral
Level 3

Gym instructor
Level 2

Exercise to Music
Instructor

About me

Hey I'm Sadiqah, a qualified personal trainer and healthy lifestyle coach. I am passionate about supporting people with making relevant lifestyle changes to improve physical and emotional health, fitness and well-being.

I'm generally quite chilled, friendly and honest. My commitment to you is to make sure that as we journey together, your agreed goals/targets are met then maintained.

My expectations from you, commitment to your well-being journey, honesty, a can do attitude and a good sense of humour.

If after reading this you think we can work together, or you would just like to find out more about what I do, come find me on the gym floor or give me a call to discuss things further.

My specialties

- Improving mental health and well-being
- General physical fitness
- Sport specific training
- Nutrition support

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

let's do
MORE