

## PERSONAL TRAINER PROFILE

# Sophia Thompson

### How do you book me?

Call: **07368 627416** Website: **www.mygotowellness.com**  
or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3(Practitioner)

**Exercise Referral**  
Level 3

**Gym Instructor**  
Level 2

**Group Fitness Instructor**  
Level 2

**Health Trainer**  
Level 3

**Nutritional Advisor**  
Level 5 Sports &  
Exercise Nutrition

### CPD's:

- Menopause Wellness, Menopause Weight Management & Weight Loss, Managing Menopause Naturally
- Pole Fitness, Pole Fabrics & Stretching for Aerial and Pole
- Twerk, SO Dancehall Fitness and more...

**Hello, I'm Sophia, a certified Personal Trainer, Sports & Exercise Nutrition Advisor, and Menopause Wellness Practitioner, and the founder of My Go To Wellness.**

With a background working with **organisations supported by Public Health**, and over a decade supporting **behaviour change and lifestyle improvement**, my approach is holistic, inclusive, and focused on sustainable results. I work collaboratively with clients, so they feel heard, supported, and actively involved in their journey.

### I can help you with:

- Weight loss, toning, and general fitness
- Strength, mobility, and confidence building
- Menopause weight management and wellbeing
- Exercise referrals and behaviour change support
- Healthier eating and learning how to fuel the body effectively

### My specialties

- Strength & resistance training (bodyweight & weights)
- Core stability & functional movement
- Weight management & weight loss
- Exercise referral & menopause wellness
- Client-centred, behaviour change-led coaching

I offer one-to-one and small group training to build strength, confidence, and long-term wellbeing.

**Wellness shouldn't feel overwhelming – it should be your go-to.**  
Sophia ♥

**MOREPT**

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number

let's do  
**MORE**