

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

I'm regulated by:

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

MORE PT

let's do
MORE