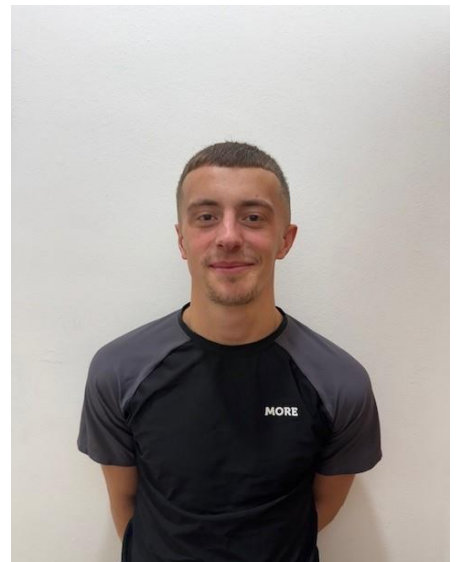


## PERSONAL TRAINER PROFILE

# Jack Suddick

### How do you book me?

Call: 07493 631976  
or ask at reception for my details.



## My Qualifications About me

**Personal Trainer**  
Level 3 Qualified PT

**My passion for an active lifestyle really shines through in every aspect of my role as a PT. From an early age I have been involved in a number of different sports ranging from playing county level cricket for Buckinghamshire and more recently representing Scotland rugby league internationally. I am very aware of the benefits exercise brings to both physical and mental well-being.**

**Gym Instructor**  
Level 2

**I am really keen to help you achieve your personal goals. Whilst very comfortable within the gym environment I appreciate not everyone is the same and may find the idea of having a PT a little daunting. I am friendly and approachable and will do everything I can to make your fitness journey fun, enjoyable and successful.**

### I can support achieving the following goals:

- Building confidence within a gym environment
- Improving general fitness
- Improving cardiovascular health
- Strength and muscular development
- Weight loss/fat loss

**MORE PT**

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number 35366

let's do  
**MORE**