

## PERSONAL TRAINER PROFILE

# Vickie Hyam

### How do you book me?

Call: **07484 624739** Email: **vickiehyam@gmail.com**

or ask at reception for my details.



## My Qualifications

**Personal Trainer** Certified  
Level 3 (Practitioner)

**Gym Instructor**  
Level 2

**Boxercise  
Instructor**

**Nutritional Advisor**

## About Me

- I'm Vickie – Certified & Registered Personal Trainer and Boxercise Instructor (& UK Natural Bodybuilding Finalist) . I understand the importance of building and maintaining muscle and improving bone density through the application of the correct and safe techniques, and will support you through every aspect of your journey to meet your own personal objectives.
- With many years of experience in an gym both as a bodybuilder and trainer I work with individuals and groups with the application of tailored programs that will help you to understand what we are working on together so you get results you are looking for.

## My specialties

- Whether you are simply looking to get fit and feel good in your own body, be on a body building journey, looking to increase your strength, or manage your weight, with 121 or group sessions, I can
- Train you how to lift and exercise safely and correctly.
- Burn body fat, build and maintain muscle.
- Increase strength.
- Improve bone health and density.
- Improve mobility and flexibility, and
- Help you feel more confident

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