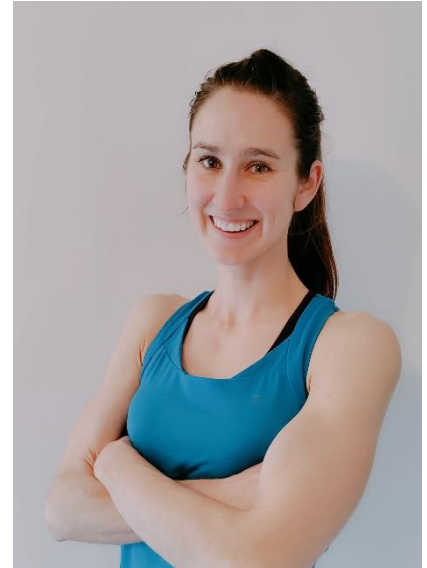


PERSONAL TRAINER PROFILE

Lina Kang'ombe

How do you book me?

Call: **07500 157666** Instagram: **Olimba.ladiesfitness**
or ask at reception for my details.



My Qualifications **About me**

Personal Trainer
Level 3

**Pre- & Postnatal
exercise**
Level 3

Gym Instructor
Level 2

B.A.
Sports and
Health in
Prevention &
Therapy

**EREPS EQF –
Personal
Trainer,
Advanced
Health and
Exercise
Specialist**
Level 6

Hi, I'm Lina – Personal Trainer and Mum of two busy toddlers! I am passionate about helping others find their way (back) into fitness. Whether you're a first time gym member, you're coming back after a break, you're going through postpartum recovery or are right in the middle of pregnancy and not sure what exercises are right for you or maybe you're missing the motivation to get started or need some support to up your game - I am here to help!

Whether your goal is:

- To find confidence in the gym as a first time member
- To increase your energy levels by exercising efficiently
- To feel (and look) fit and confident in your own body
- To exercise safely throughout pregnancy and prepare for birth
- To regain strength including core stability and pelvic floor functionality after pregnancy

I know how busy life can get! But this is your reminder that no matter how busy life is, your health should be a priority! Are you struggling to find the time and motivation to exercise? Are you at a loss as to where to even start? I will help you make sustainable lifestyle changes and guide you through suitable workouts that will help you reach your goals.

My specialties

- Ladies Fitness including pre- and postnatal exercise
- Core stability training to support your spine and prevent back pain
- Weight management (reducing body fat and building muscle mass)
- Introducing weight training for beginners
- Functional Fitness