

## Personal Training Profile

### **Tom McDaid**

#### **ABOUT ME:**

I have been working in the Fitness Industry now for a total of five years. During this time I've delivered Personal training for 3 years, working with clients of different ages, experience and goals. Along with my experience of Personal training Tom, I have also taught various group exercise classes such as; Ab Attack, Legs Bums & Tums, Core Stability, Group Cycling and Circuit classes.

#### **NOW FOR THE SCIENCE:**

- Diploma in PE and Sport
- National Vocational Diploma in Exercise & Fitness
- Y.M.C.A Level 2 Gym -
- Instructor
- NSCR Group Cycling
- M.E.N.D.
- HeartSmart Options

#### **TESTIMONIAL**

"Since I started personal training with Tom, I have gained more confidence and I am coming to the gym more regularly than ever. I have lost weight and more importantly inches, I have gone from a size 14 to 10. I don't get out of breath and can run for the bus and catch it! I have more energy and look forward to my workouts"

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### Ray Harris



### **ABOUT ME**

I have captained both football and athletics teams at school. I also represented North London schools in sprint and cross-country events. Cut short my education to go into professional football and continued to play at senior level for over 15 years. Now fully involved in the Health and Fitness industry, my commitment as a Personal Trainer, is to design and deliver a tailor made alternative to the run-of-the-mill fitness experience.

### **NOW FOR THE SCIENCE:**

- Advanced Gym Instructor
- Client Lifestyle and Fitness Assessment
- Circuit Training
- Nutrition and Weight Management
- Training in Different Environments
- Business Marketing for the Fitness Industry
- First Aid at Work
- YMCA Exercise Referral
- Spin Qualification

### **TESTIMONIAL**

“ I have been a member of The Walnuts for 5 years and worked-out on average 2-3 times a week. I’d reached a plateau in my training and had become bored and de-motivated. Since being personally trained by Ray, I have regained my enthusiasm and focus and now look forward to each training session. Ray is inspirational and is a great motivator and has introduced a more professional and structured approach to our training sessions”. Tikara Donovan – 16 June 2008