

## PERSONAL TRAINER PROFILE

# Ella Beaumont

### How do you book me?

Call: **07570949200** Email: [ella@ellabeept.co.uk](mailto:ella@ellabeept.co.uk)  
or ask at reception for my details.



## My Qualifications

**Personal Trainer**  
Level 3(Practitioner)

**Gym Instructor**  
Level 2

**Specialist Disability**  
Fitness advisor

**Retired GB**  
**wheelchair**  
**basketball player**

### Academic:

- BSc (Hons) in sports coaching science with disability studies

### About Me:

**Hi, I'm Ella, a dedicated personal trainer with a diverse background in sports, fitness and personal training. I am passionate about helping you achieve your goals whatever your ability. As well as coaching able-bodied clients, I also specialise in adaptive fitness for individuals with disabilities. With a compassionate approach and a wealth of knowledge, I aim to tailor each workout to meet the unique needs and goals of each client, ensuring a safe and empowering experience. My expertise in adaptive techniques helps to build strength, improve mobility, and boost confidence, all while fostering a supportive environment. Whether you're looking to enhance your physical abilities or simply stay active, I am committed to helping you achieve your personal fitness journey. I hope we can discover the joy of movement and unlock your potential together!**

### Whether your goal is:

- To find confidence in the gym
- Increase your energy levels by exercising efficiently
- To feel fit and confident in your own body
- To exercise safely and efficiently with a disability, injury or impairment
- Improve, strength, Power, endurance, fitness and confidence.

I know how busy life is and I know how hard it can be to motivate yourself to exercise, but I'm hoping I can be the motivation you may need. I would love to guide you to help you achieve your goals, please do get in touch!

### My specialties

- General fitness and starting with the basics
- Introducing Weight Training for Beginners
- Strength Improvement & Core Stability
- Functional Fitness
- Functional Training & Injury prevention
- Training with a disability, injury or impairment

**MOREPT**

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

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