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PHOTO

---Fitness like no other---
(Written over the photo)

ABOUT ME

(Written over photo)

Qualified Personal Trainer with over 3 years experience.
Specialising in Strength Training, Fat Loss and Boxing.

I provide 1 to 1 Personal Training with all clients receiving their very own custom workout plan and nutrition plan designed specifically for them and their individual goals.

*Qualified in: Boxing, Spin, Kettlebells, Suspension training & Circuit classes.
First Aid and Aquatic First Aid trained.
Fully Insured.*

TESTIMONIALS

Client 1

Amazing PT! Workout and diet plans are so clear and easy to follow. Ronaldo is very professional; the workouts were challenging but enjoyable, and he really helped me get my weight under control. Hands down the best PT I have ever trained with.

Client 2

Having medical conditions and general disengagement with exercise, I decided to join a gym and get a Personal Trainer. Fast forward 4 months and I feel like a whole new person.

Ronaldo has really empowered and influenced my lifestyle so much so that not only did my posture and physical shape improve, but so did my mental wellbeing.

Client 3

It would not be an exaggeration to say that Ronaldo has been instrumental in my health journey. Tailored workout plans which emphasised what I was good at but also tackling my weaknesses, as well as nutritional advice has really helped me become a healthier me. I have been training with Ronaldo for just under a year now and have lost 18.7kg!!! I still have more to lose for my target, but I could have never imagined such a big change. Thank you Ronaldo, I am truly grateful.

INTERESTED IN STARTING YOUR FITNESS JOURNEY WITH ME?

ENQUIRE ABOUT PERSONAL TRAINING NOW IN THE **ENQUIRE** PAGE, BY EMAIL, OR BY CONTACTING ME VIA SOCIAL MEDIA

EMAIL: RONALDOVPT@HOTMAIL.COM

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WEIGHT TRAINING

(Written over photo)

The best way to burn fat and build muscle at the same time. Whether you want to 'tone' or 'bulk' will vary on the repetitions you complete, along with how heavy the weights are in which you are lifting.

Benefits include:

(Try get Font Awesome icons)

- Improved muscle mass
- Stronger bones and joints
- Better metabolism
- Longer lifespan
- More energy
- Improved mood
- Burn calories more efficiently
- Reduces risk of chronic diseases

CARDIO

(Written over photo)

Cardiovascular training, also known as aerobic training, is physical conditioning of the heart, lungs and associated blood vessels. It can be achieved by completing virtually any form of exercise, but it is mostly associated with running, swimming and cycling.

Common cardio classes include spin classes and HIIT classes, both great, fun ways to get a good cardio workout in.

But it's not just gym workouts. Day to day activities such as gardening, cleaning and playing sports are also considered as cardio exercise.

Benefits include:

(Try get Font Awesome icons)

- Improved stamina
- Improves your immune system
- Strengthens the heart
- Longer lifespan
- No equipment needed
- Safe for most people
- Aids sleep
- Reduces risk of diseases such as obesity, high blood

pressure and heart
disease

THE IMPORTANCE OF STRETCHING

(Written over photo)

Stretching helps keep the muscles flexible, strong and healthy. We need this to maintain good mobility (range of motion in the joints). A lack of stretching can lead to muscle shortening and tightening, leading to higher chances of muscle strains and potential damage, not to mention joint pain too.

It is recommended that you stretch two to three times per week, for a minimum of at least 5 minutes. As little as 5 minutes of stretching can have such great implications for you and your health.

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CARBOHYDRATES

(Written over photo)

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Carbohydrates are sugar molecules. The three main types of carbs are starches, fiber and sugars. Your body breaks down these carbs into glucose. Glucose is your body's main source of energy, it's vital for your cells, tissues and organs. It can be used immediately or stored in the liver and muscles for later use, but any unused glucose stored in your body which is not used, will end up being converted and stored in your body as fat instead.

My Top 5:

- Sweet potato
- Oats
- Bread
- Brown rice
- Sweet corn

PROTEIN

(Written over photo)

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Proteins are made up of chains of amino acids, which are the building blocks of protein. These amino acids are essential for repairing and building muscle fibers after they have been damaged by workouts. Protein is also used as an energy source, but almost always used as anaerobic fuel, which is commonly used in weight training.

However, protein isn't just needed for weight training. Hemoglobin, which is a type of protein found in red blood cells, carries oxygen all around the body. They are also found in bone, hair, skin, and virtually every other body part or tissue.

There are at least 10,000 different proteins that make you what you are and keep you that way.

It is recommended that you consume 0.8 grams of protein for every kilogram of body weight per day.

My Top 5:

- Eggs

- Chicken
- Salmon
- Chickpeas
- Greek Yoghurt

FATS

(Written over photo)
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Fats are a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats. But it is important to consume healthy fats where possible.

My Top 5:

- Dark Chocolate
- Avocado
- Nuts
- Extra virgin olive oil
- Cheese

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INTERESTED IN PERSONAL TRAINING?

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Enquire now

(form below written from left of page not centre)

Full Name:

Email:

GOAL (selecet all that apply):



IF OTHER, PLEASE SPECIFY:

ANY ISSUES OR HEALTH CONCERNS:

ANYTHING ELSE I NEED TO BE AWARE OF:

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