

# Emma Lane



## Philosophy on exercise, health & fitness

I believe exercise, health and fitness should be a lifestyle not a chore. Consistency is key and finding ways to make exercise fun and suit you, so you feel confident to incorporate it into your everyday life is my main goal. Being fit, strong and mobile is going to increase longevity and is going to help you live a much more functional life.

## What areas do you specialise in?

I specialise in rehab work, Pilates and functional cardio endurance / HIIT training.

## Greatest achievement with a client

I had a client who after many injuries knocking them down, wasn't even confident enough to go for a walk outside. I was able to build up the client's confidence in themselves to incorporate exercise and health into their daily routine, they lost fat mass and gained lean body mass and now feel confident to walk and even run outside as well as exercising in a gym and living an all-round healthier lifestyle.

## Qualifications

Level 4 Personal Training

Pilates mat work and reformer

BA (hons) and Masters in Contemporary Dance

## Why should you train with me!?

I have a wide range of skills to help you to find a way of training that suits you and makes you feel confident in the gym while still achieving your goals. I believe exercise and health should be something you enjoy that allows your body to stay away from injuries and live a healthier, happier, more confident, and longer life.

## Motto

A little progress each day adds up to big results.