

PERSONAL TRAINER PROFILE

Jenny Houchin

How do you book me?

Email: jennyhouchin844@gmail.com
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3(Practitioner)

Exercise for older adults - Level 3

Pre and Post natal Exercise - Level 3

About me

Hi I'm Jenny - I am a certified personal trainer. My passion is to make fitness accessible to all, especially if you're feeling nervous to come to the gym.

My trainer journey began as a career change, returning to the gym after a long period away from fitness and training, to overcome some other challenges in my life. It was my own PT that suggested I make the transition from client to trainer and I'm so glad I did. Now I'm here to help you achieve your goals, from making moving around in day-to-day life easier, to event training. I particularly enjoy helping you become stronger and more mobile watching your confidence grow as you rediscover yourself.

I can support you achieving the following goals:

- Weight loss and fitness goals for upcoming occasions or events.
- Improving mobility, stability, strength, endurance and confidence.

I can also help with sensible eating choices to assist you along the way, food is fuel, but you still need to enjoy what you eat.

Whether you're just starting out or you have a bit more experience in the gym, but things aren't really progressing I can tailor training sessions for you to keep your plan, fun functional and focussed. Working with older adults I find ways to adapt exercises to accommodate issues with grip, and suitable ways get started with exercises in comfortable positions to get confident with movements you didn't think you would be able to do again - like getting down to and up from the floor, and strengthening the core so it's easier to push a trolley around the supermarket, or vacuum your home.

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I'm regulated by:

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

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