

PERSONAL TRAINER PROFILE

E-Fit

Eyd Haughton

Performance Coach | Mobility Specialist

25+ Years Coaching Experience

How do you book me?

Call: **07496 898 975**

Email: **info @e-fit.uk**

Web: **www.e-fit.uk**

Or ask at reception for my details



ELITE PERFORMANCE & MOBILITY COACHING.

e-fit.uk

Performance Is Not Random. It Is Engineered

My Qualifications

Personal Trainer
Level 3

Strength. Mobility. Performance - engineered coaching for people who want their body to work at its best.

Martial Artist

Helping professionals restore movement, rebuild strength and return to peak performance.

Gym Instructor

I provide structured, in-person coaching designed to improve strength, mobility and long-term physical capability. Programmes are built around movement assessment, progressive strength development and rehabilitation-informed training.

British Amateur Weightlifting Award

Coaching is suitable for:

- Professionals and executives seeking long-term performance
- Individuals rebuilding strength after injury or illness
- Athletes returning to full capability
- Disabled and neurologically diverse clients requiring adaptive coaching

Kettlebell Instructor

Specialist Coaching Services:

- Private 1:1 Performance Coaching
- Mobility & Movement Restoration
- Rehabilitation → Peak Performance
- Adaptive & Inclusive Training

Sports coaching awards

Classes Available: Boot Camp | Train With The Trainer | Legs, Bums & Tums
Classes complement private coaching programmes and support strength and conditioning

Youth coaching awards

Client Outcomes:

"Posture and strength has improved exponentially." — Amanda

"I am fitter and stronger than ever before." — Corinna Mazey

"I can now do things I couldn't do before." — Tracy Hallett

More Testimonials: www.e-fit.uk/testimonials

Private coaching begins with a consultation.

MORE PT

I'm regulated by:
The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Member number: C025427

let's do
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