

# Scott Sanders

Personal Trainer / Massage  
Therapist / Nutritional Advisor

## General Information

Name: Scott Sanders Date of Birth: 24/06/1988

Working Hours:

Monday:	6 - 9
Tuesday:	6 - 9
Wednesday:	6 - 9
Thursday:	6 - 9
Friday:	6 - 9
Saturday:	9 - 6
Sunday:	9 - 6

## Qualifications

### Premier Training

Premier Training International Certificate in Gym Instruction  
Premier Training International Certificate in Personal Training  
Premier Training International Certificate in Sports Massage Therapy  
Premier Training Diploma in Personal Training and Sports Massage Therapy.

### Active IQ

AIQ Level 2 Certificate in Fitness Instructing (Gym)  
AIQ Level 3 Certificate in Personal Training  
AIQ Level 3 Certificate in Sports Massage Therapy

## About

A friendly one-to-one service offering exercise planning and management, goal setting and health education. A full fitness consultation allows the design of a challenging work-out routine personalised for your specific needs. As your personal trainer I ensure that safe exercise techniques are followed and motivate you to achieving your full potential.

Qualified to a high certified standard, experienced and fully insured, so you can be sure your in a safe training environment. Whatever your interests and goals, my passion, knowledge and enthusiasm can help you achieve them.

## Services

Below are my specialist areas however please contact me about other services and further training information.

### General Fitness

Following a structure health and fitness routine will help to enhance your everyday life. It will help you to feel better, perform better and look better.

A varied combination of cardiovascular conditioning and a regular resistance-training programme will provide overall results to enhance your general fitness levels and give you a better quality of life.

### Resistance Training

Resistance training focuses on applying a resistance to a given muscle to increase the strength and tone of that muscle. Using a variety of resistance techniques, from free weights to body weight, set in a specific periodised program, will cause the body to adapt and strengthen itself.

This, in turn will create a body that is stronger, healthier and looks fantastic.

[www.scott-sanders.co.uk](http://www.scott-sanders.co.uk)

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## **Cardio Training**

Whether you are specifically for an event or race or just want to improve your health and aesthetics, understanding the way the cardiovascular system functions is essential.

Following a specific heart rate based programme will allow you to get the most from your heart at any given time to produce superb results so that you perform better and feel great.

## **Strength & Power Training**

It is important to understand the concept of programme design in trying to achieve your maximal potential for strength and power. Following a strict programme that continually challenges the muscles and forces them to adapt will ensure you never plateau with your strength gains.

It is key to understand how to manipulate all the parameters of your training and utilize many different training techniques and styles to achieve your goals.

## **Weight Management**

Combining a healthy eating plan with a well structured exercise routine is the only proven way to lose weight and maintain your healthy new look.

It can incorporate a variety of fun training techniques at home and in the gym, whilst also educating you on what and when to eat will give you the power to manage your weight for good.

## **Muscle Building & Toning**

The elements of successful muscle gain and tone come from following a specially designed programme using body weight, free weights and correct nutrition.

Utilizing correct reps, sets and rest times whilst eating the right foods will maximize your bodies potential for growth.

But following a full body workout programme that uses weight to load all the muscles of the body will help you shape up and tone whilst making you feel stronger all over.

## **Sports Massage**

Today's world is full of stress and tension. It is imperative that we counter balance this tightness with massage. There are a variety of different styles and massage techniques that can be used for varying purposes.

Utilising massage to help with rehabilitation from injury, muscle relaxation or just overall stress release will help you towards your goal of performing better in any activity and will make your body feel fantastic.

## **Nutritional Advice**

The most important factor to health and wellness is nutrition. What you put into your body affects the way it looks, feels and performs.

Analyzing your diet using a food diary and the following a structured and progressive food plan that is realistic and achievable will help you to lose unwanted weight, whilst significantly improving your health and lifestyle.

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