



SARAH KEMP

PERSONAL TRAINER

Specialises in

- Functional training,
- Nutrition,
- All abilities

Qualifications and Experience

- Cert. 3&4 in Fitness/ Personal Training
- Cert.1 Kettlebells(level 1)
- Cert. Nutrition and Diet
- Cert. Sports Nutrition
- Cert. Functional Training
- Cert. Psychology Behaviour Change and Wellbeing Management

Bio

I have been a Personal Trainer for over 10 years and I have had the pleasure of working with people of all abilities and ages. I have a passion for all aspects of nutrition and I believe in the importance of functional training and pushing the body through natural movements.

With a sympathetic ear, I aim to show you how to improve your health and well-being throughout your life.