

# 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 & Diet
- Cert Sports Nutrition
- Cert Functional Training
- Cert Psychology Behaviour Change & Wellbeing Management

### Bio

Sarah has been a personal trainer for over 10 years and has worked with people of all abilities and ages. She has a passion for all aspects of nutrition and believes in the importance of functional training and pushing the body through natural movements. Sarah aims to show her clients how they can improve their health and wellbeing with a sympathetic ear!